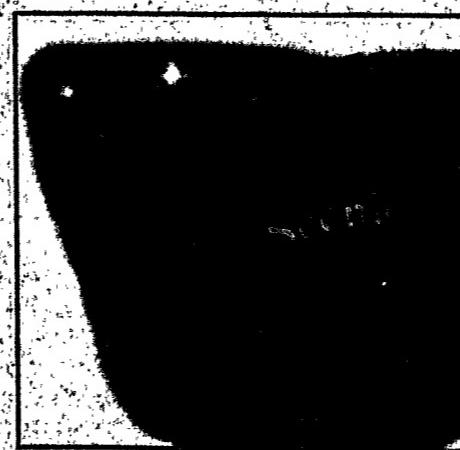


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Health & Fitness.

**Special Section, Inside**



## Jazz in the Pass bigger & better

The jazziest event on the MS Gulf Coast gets bigger and better as Jazz in the Pass expands to 2 days.

**Community, Page 1B**

# The Sea Coast Echo

Since 1892

VOL. 114, NO. 34 BAY ST. LOUIS, MISSISSIPPI

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THREE SECTIONS, 32 PAGES 75 CENTS

### Diamondhead BPA meets this morning

The Diamondhead Business and Professional Association will meet today, 8-9 a.m., in the Diamondhead Country Club. Guest speaker will be Richard Reynolds, Area Manager of Cellular South. After Hours will be today from 5-7 p.m. at Whitney Bank.

### Cancer Survivors meet

The Hancock County Relay for Life 2005 Survivors' Reception is scheduled for Sunday, May 1, at the Bay St. Louis Train Depot from 2-4 p.m. For more contact Malin at 467-7414 or 467-4052.

### OLG May Crowning

Our Lady of the Gulf Church will host the first May Crowning Ceremony to be held in the area since the 1960's. The ceremony will be held on Friday, May 6 at 6:30 p.m. The procession will begin at Our Lady of the Woods Shrine and continue to the church.

### WHAT'S INSIDE

Editorial Page 4A  
Obituaries Page 8A  
Sports Page 3B  
Classified Pages 6-9B

### TIDES

Mon. 7:17 p.m.  
Tues. 8:58 p.m.  
Wed. 12:03 p.m.  
11:56 p.m.  
Thurs. 11:00 a.m.  
7:32 p.m.

# Ship Shape



Rev. Christopher Colby of Trinity Episcopal Church blesses a shrimp from the deck of the Silver King III Sunday during the annual Blessing of the Fleet in Pass Christian. More photos on page 2A.

### Commodore Coffey FUNERAL HOME

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Mausoleum  
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Arrangements  
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### Hancock Bank

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## Statutory rape suspect arrested in Long Beach

Bay man faces two charges for  
encounters with 13-year-old girl

BY ELLIS C. CUEVAS  
Publisher Emeritus

A Bay St. Louis man accused allegedly of statutory rape of a 13-year-old girl was transferred to Hancock County for an outstanding warrant for his arrest.

Sheriff Steve Garber reports.

Criminal Investigator Tom Roan said, "Cedrick Acker, 22, was stopped by Long Beach Police for a traffic violation.

RAPE PAGE 6A



A benefit account has been created at the Hancock Bank for David and Sharon Mitchell, a couple who lost their home Sunday.

Sharon Mitchell, of Bayside Park, said a fire erupted in their home at 8081 D'Azure Lane at 7:15 p.m. When she arrived at 8 p.m., their trailer had been gutted. "By the time I got there, it was completely burned down. We've got nothing," Mitchell said all of her possessions were destroyed in the blaze. One of the Mitchell's dogs also perished. Any donations, she said would be a great help. "It doesn't matter if it's a dime," she said. "We need help."

Echo staff photo by John Waterman

## 'Major cocaine dealer' arrested

**B-W Task Force says  
Earhart one of biggest  
suppliers in county**

BY ELLIS C. CUEVAS  
Publisher Emeritus

The Bay-Waveland Narcotics Task Force made five drug related arrests over the weekend, nabbing one suspect whom they believe to be one of the largest suppliers of cocaine to the county, according to Waveland Police Chief Jimmy Varnell and Bay Police Chief Frank McNeil.

Varnell and McNeil listed the following as those arrested and their charges:

• Ronnie Earhart, 24, of Bay St. Louis, was charged Saturday night with three counts of sale of a controlled substance, (cocaine). They believe Earhart to be one of the major dealers of cocaine in the county.

Earhart was on probation through the Mississippi Department of Corrections for a previous sale of a controlled substance conviction. He was arrested at a Waveland motel room and agents seized nearly \$4,000 in cash during the raid.

Earhart is being held in the Hancock County Criminal Justice Facility without bond because of his previous felony charges.

• James McCune, 35, of Waveland was



Earhart



McCune

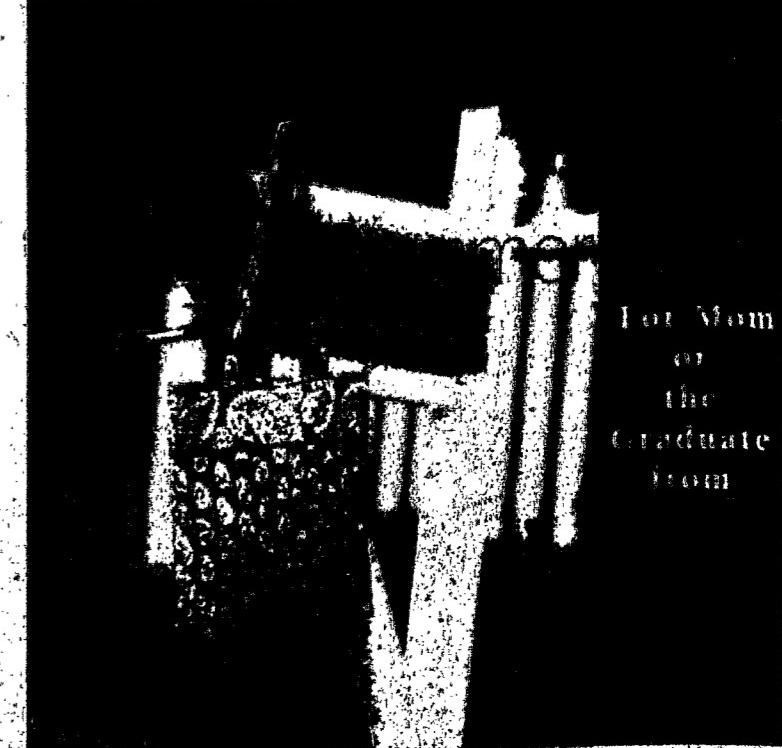
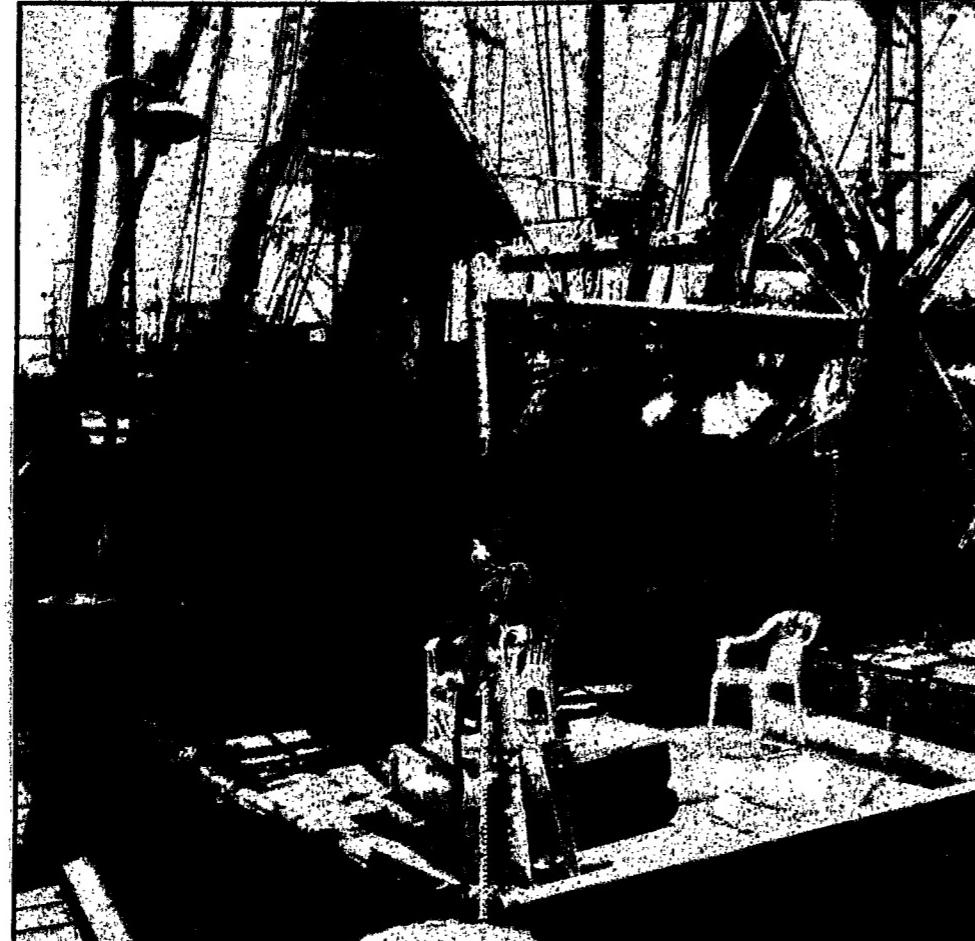


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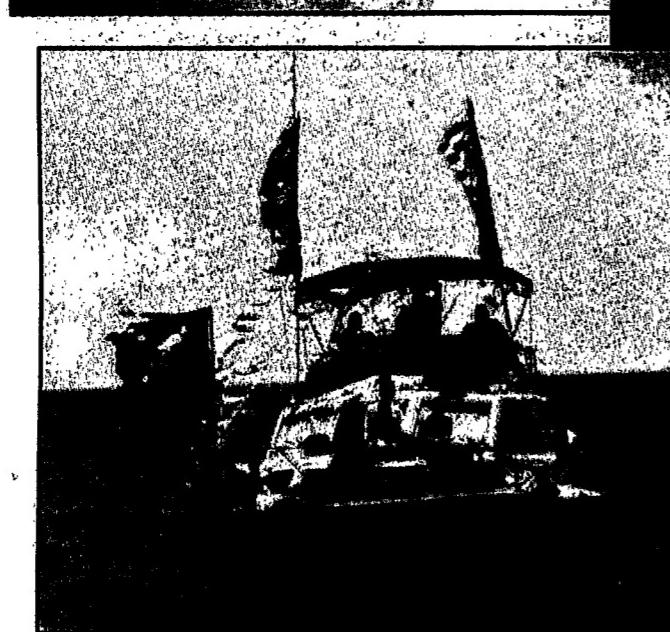
COCAINE-PAGE 6A

BLESSING-PAGE 6A

# Blessing of the fleet



Photos by  
Geoff Belcher



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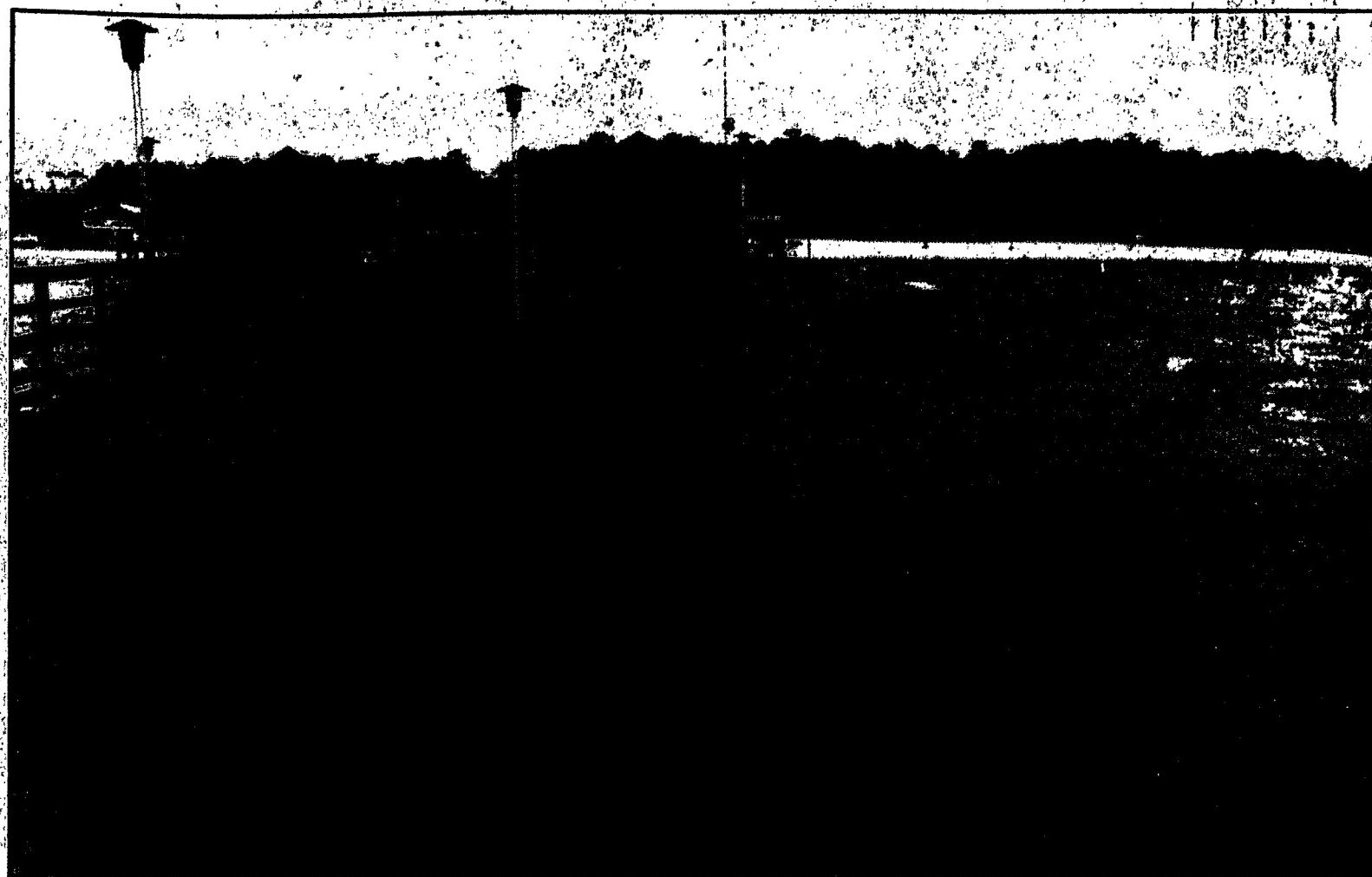
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# Stuck in the mud



A bulldozer is almost completely submerged in the Mississippi Sound on Monday morning near the Garfield Ladner Pier in Waveland. The dozer had sunk in the sand and gotten stuck in the mud as its operator worked earlier. When the tide rose, only the very top of the machine was visible.

## P&H: \$3.2M storage track expansion planned at port

BY BENNIE  
SHALLBETTER  
Staff Writer

A \$3.2 million storage track expansion project that the Hancock County Port and Harbor Commission will undertake at Port Bienville will add an additional 165 sites for the storage of rail cars by Wellman, a tenant at the industrial park. It will also add three new tracks.

Wellman now has facilities for 165 cars on four tracks. The company will store empty cars, cars with finished products and some with raw materials, said deputy director Greg Deakle. Wellman will sign a 10 year lease agreement for use of the facilities at a rate of \$423,000 a year.

Port and Harbor Commissioners approved applications for a \$700,000 zero interest loan from the

Mississippi Department of Transportation Rail Division and \$1 million loan from the Mississippi Development Authority to partially fund the project. Commissioners will also ask the Board of Supervisors to issue a general obligation bond in the amount of \$2.5 million to complete funding. The project is being executed in conjunction with a \$50 million expansion underway at Wellman.

Commissioners will use the additional \$1 million for the purchase of about 1,500 acres to the west of the existing runway at Stennis International Airport, said Deakle. The Commission hopes to add a parallel runway in the future. Runways must be a mile apart.

Until then the property will be set aside for use as a drop zone for military training, Deakle said, and as a

possible site for European Aerospace Defense Systems.

In other business:

- The NOAA Weather Fair will be held at Stennis International Airport on Saturday, April 30 from 8:30 a.m. to 5:30 p.m. in Hanger C.

- Harvey Planes is moving to Stennis Airport and will offer avionics repair, flight instruction, and aircraft sales services.

## Xtreme Weather Fair at Stennis Airport Saturday

The Second Annual Xtreme Weather Fair will be on Saturday, April 30 at Stennis International Airport Hangar C. The Fair is free and open to the public with activities from 8:30 a.m. until 5 p.m.

"This is a fun, educational event for the entire family," said organizer Mike Crane of National Oceanic Atmospheric Administration (NOAA). "After Ivan made a near visit last year, it reminded us what we as citizens must do to properly prepare for hurricanes and other Xtreme Weather," he said.

Hundreds of exhibitors representing businesses, trade associations, civic organizations, government agencies, schools, military, academic institutions, medical facilities, and first responders are slated to participate. Activities for children and the entire family will be presented by Lynn Meadows Discovery Center and 25 other organizations. Food and beverages will also be offered by local civic organizations.

Crane said featured aircraft will be major attractions.

tions at the Fair, and open for public tours. The NOAA Research P-3 Hurricane Aircraft will be on site to provide information on how this aircraft is used to fly into hurricanes to measure wind profile, pressure readings, and the structure of a hurricane.

The US Air Force C-130 Hurricane Hunter Aircraft will be on display to provide information on how the aircraft observes weather as it develops to provide operational readings for the weather service and the modelers. This aircraft helps observers understand the characteristics of a storm so they can classify it for an emerging hurricane.

The US Coast Guard Falcon Jet will also be on display. This is the aircraft that is dispatched when people send out emergency warnings when they are in distress.

For information on exhibiting, contact Mike Crane at NOAA at 228-688-1579. For general information on the event, go online to [www.partnersforstennis.org](http://www.partnersforstennis.org), or call the Hancock Chamber at 228-467-9048.

## Westwego woman dies in single-car crash on Firetower

BY ELLIS C. CUEVAS

Publisher Emeritus  
A Westwego, LA woman died in a one vehicle accident on the Firetower Road in Hancock County on Sunday evening, Sheriff Steve Garber reports.

The victim was Mrs. Billi Jo Happel, who was ejected from her vehicle. She died while in route to North Shore Hospital by American Medical Response, investigating officers reported.

The accident occurred on Firetower Road around 5 p.m. Sunday, one-quarter of a mile North of the Fire Station.

The victim told officers at the scene, she lost control of the vehicle, near a curve in the road and ended up striking

ing a fence.

First Hancock Officer on the scene was Deputy Kent Malley. Also responding was State Trooper Shelby Smith and Deputy Bert Courreges.

### Day of Recollection

The Ladies of St. Vincent de Paul of Annunciation Parish, Kiln, will sponsor a Day of Recollection on Tuesday, May 3, at 9 a.m. in the Parish Hall. Sr. Judy Gomila of the Marianites of the Holy Cross will be the speaker.

Those attending are asked to bring a dish to feed no more than six people. For more information contact Joan Garvey at 255-5510.

## COMMUNITY HEALTH FAIR

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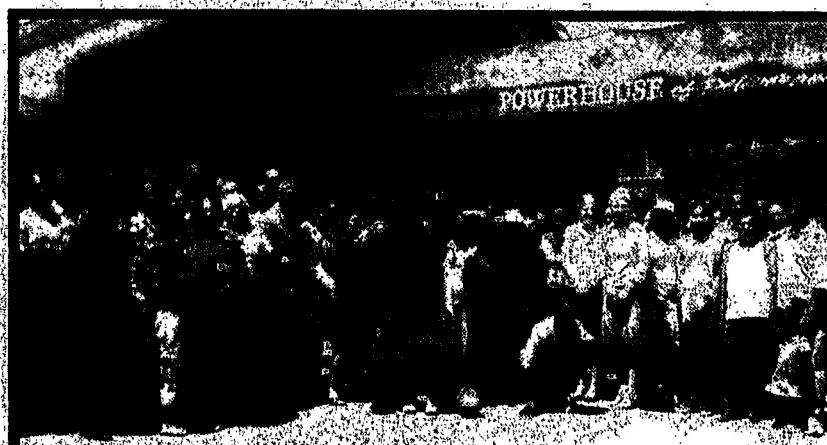
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As the founding pastor of Power House of Deliverance Ministries in Bay St. Louis, Jeff has touched countless lives within the city and surrounding areas for 21 years. He has taught men how to become godly leaders; built a family life center to provide a positive recreational environment for children; and helped at-risk youth by housing the government-funded program "Avenues for Success", for 3 years.

As a local businessman, Jeff has provided jobs for local residents for over 27 years, and instilled a strong work ethic in teenage boys through his summer mentorship program, "Boys-To-Men".

Jeff has been an outstanding resident of Ward #3 all his life. He and his wife Tina have done

a superb job in raising their four daughters here. But it troubles Jeff to drive through his ward everyday and see it declining while neighboring wards are flourishing.

**Ward #3 deserves better.  
Ward #3 deserves Jeff Reed.**

With Jeff's experience as a successful businessman, family man, and man of God, he has the proven leadership ability and vision necessary to bring needed improvements to Ward #3. Jeff's integrity and aggressive yet cooperative work ethic will be an asset to our City Council. We support Jeff 100%. We pray that you will too.



Please go to the polls on May 3rd and elect Jeff Reed, Ward #3 Councilman.

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# Opinion

## Cuevas' Quotes

by Ellis C. Cuevas  
Publisher Emeritus

## The tale of the sunken dozer

**V**iewing the sunken bull dozer by the Garfield Ladner pier this past several days made me recall and incident back in the 1960's.

The Bay St. Louis American Legion was in the process of building a pier at Washington Street in Bay St. Louis.

In order to gather sand, an Army National Guard bull dozer was helping out when it sunk in the sand in an area not to far from where the boat launch is located.

For about five days all types of wreckers tried their hardest to pull the dozer free to no avail.

It wasn't until the late Sullivan Rutherford arrived on the scene with his old beat up, rusty, looking like something that would not even run wrecker, was the dozer freed.

The first thing Rutherford asked for was a load of railroad crossties, which were placed in a pile in front, or back of the machine.

He then tied his wrecker to the large live oak on the hill and with a two inch cable was able to lift the dozer out of the bog.

Needless to say, there were some National Guard members concerned about the government equipment. There was a lot of maintenance and cleaning needed to be done on the National Guard's dozer.

Today's equipment has lots of electronics which was not around in those days. Unless they are sealed tightly, that could possibly cause some problems in making repairs.

This is something parents may want to consider as a summer project for their youngsters, ages 9-11.

Hancock Medical Center will once again conduct a Healthy Kids Kamp the week of June 27-July 1, at the Hancock County Civic Center.

There is a \$40 each registration fee, but, campers will learn how to make healthy food choices and incorporate daily exercise to improve overall health.

The program will be conducted by HMC registered nurses, dietitians and athletic trainers.

There will be a daily lunch, snacks and field trips included in the registration fee.

Space is limited, for further information, call 228-255-5200.

On Saturday, you may want to visit the XTREME WEATHER Fair at Stennis International Airport.

The event will take place from 8:30 a.m. to 5 p.m., April 30 and admission is free and the fair is open to the general public.

This is a great time to

QUOTES--PAGE 5A

## The Sea Coast Echo

USPS 487-100

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Geoff Belcher, News Editor

Rita Bréun, Circulation Manager

Michael Benson, Production Manager

Ellis C. Cuevas, Publisher Emeritus

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## MS Democrats should organize

**M**y fellow columnist Sid Salter, in chastising House

Democrats for complaining that participation is causing legislative deadlock, unintentionally, I'm sure, made the case of why the new party divide, stemming from the GOP's disciplined ranks, has spawned Capitol gridlock.

Sid suggests that since Republicans have discipline and Democrats don't that Democrats don't have cause to bitch. And I believe he's suggesting Dems ought to match the GOP and get some discipline too.

The old Will Rogers adage: "I don't belong to an organized political party, I'm a Democrat" is still at

work here. Democrats in the Legislature (or some who for convenience call themselves Democrats) are both unschooled and unskilled in anything like GOP party discipline that Haley Barbour has brought to Mississippi's state house.

A good case in point occurred in the 2000 session of the Legislature. Right at the close of the session, Democratic Gov. Ronnie Musgrove, trying to impose fiscal discipline, in one whack vetoed 45 appropriation bills passed by a decided majority of elected Democrats.

What happened? The Legislature including a number who now are Republicans, promptly overrode his vetoes and went home. In the months that

followed, when revenue collections fell short of lawmakers' estimates, Musgrove's attempt to trim spending fit his revenue estimate proved correct.

But not a peep about "party discipline" was heard, certainly not from then-Democratic Lt. Gov. Amy Tuck who egged on the veto overrides.

Any suggestion now that two warring political camps would be good for making progress at the Legislature and helpful to improving the quality of life in this state is simply unrealistic.

This poor little, mostly rural state, still struggling with the remnants of poverty left from the Civil War and when ancestors of a great many black Mississippians were held in bondage, doesn't need to become a battleground between political ideologies.

True, Democrats overwhelmingly believe in several core principles, chief

among them support for public education and health care for the poor. Now they're desperately trying to defend their ground against the executive power held by a Republican ideologue dedicated to shrinking government.

Why are increasing numbers of legislators and public officials being drawn to join the Republican ranks? It reminds me of what Willie Sutton said back in the 1920s when a reporter asked why he robbed banks.

"Because that's where the money is," Willie quickly replied.

It's a matter of fact that the GOP is where real money—the mothers milk for politicians—is. Naturally, as water runs downhill, there is where politicians will gravitate.

The Republicans, with their ready fundraising sources in the business and

MINOR--PAGE 5A

**WE HAVE A CONSULTANT  
HERE TO GIVE ADVICE  
ON THE BUDGET.**

**GIT-R-DONE!**



## Don't miss Saturday's Xtreme Weather Fair

Have you ever stopped to think about the impact NASA-Stennis Space Center has had on our region? Sure, we have all benefited economically from the thousands of jobs created by this unique federal and commercial city. But, have you ever thought about the social and civic impact these employees have had on our two-state area? Many are natives, and others are transplants from other areas of the country, bringing new skills and experiences to our communities.

More than 4,500 people work at Stennis and live in our communities. They are your neighbors, they are parents of children your children go to school with, and they are citizens who are making a difference in our communities.

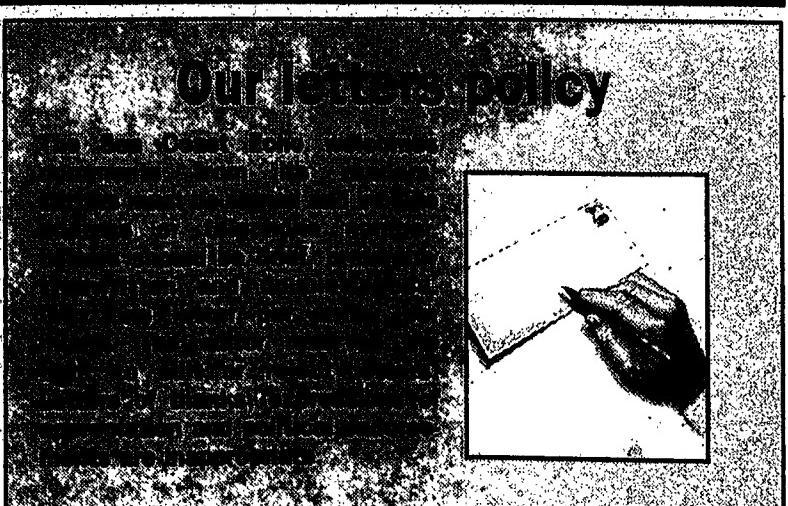
This is a fun, educational event for the entire family, and I encourage you to mark your calendar to attend. After Ivan made a near visit last year, it

Crane and his wife Susan moved to Hancock County. He works for the National Oceanic Atmospheric Administration (NOAA) and she is an accomplished artist. They immediately immersed themselves in the work of the community, taking an active role in the development of the arts and the work of the local Chamber.

As a result, a community wide, now regional event emerged, touted as the Xtreme Weather Fair, a sponsored program of Partners for Stennis. Last year was the inaugural event and by all standards it was a big success. We even had Xtreme Weather!

This is a fun, educational event for the entire family, and I encourage you to mark your calendar to attend. After Ivan made a near visit last year, it

## Letters to the Editor



reminded us what we as citizens must do to properly prepare for hurricanes and other Xtreme Weather.

More than 300 exhibitors representing businesses, civic organizations, government agencies, schools and first responders participated and even more are expected this year.

One major attraction will be the NOAA Research P-3 Hurricane Aircraft joined by

the Air Force Reserve Squadron from Keesler known as the "Hurricane Hunters."

The best thing is the fair is free and open to the public. The fun starts at 8:30 a.m. and runs until 5 p.m. on Saturday, April 30 at the Stennis International Airport in Kiln.

Chuck Benvenuti, CPA Chairman, Partners for Stennis

# StenniSphere opens exhibit honoring NASA's return to flight



Photo courtesy of NASA  
Stephen (left) and Jason Vogel of Massachusetts get a preview of the new "Return to Flight" exhibit at StenniSphere, the visitor center at NASA's Stennis Space Center (SSC) in south Mississippi. The exhibit, with a scale model of a launching Space Shuttle as its centerpiece, honors the launch of Space Shuttle Discovery on STS-114, NASA's "Return to Flight" mission that is scheduled to lift off in late May. SSC tests all the Space Shuttle Main Engines at America's largest rocket test complex, near Bay St. Louis.

## Minor -- Demos

Continued from Page 4A

corporate world, can dangle campaign cash in front of candidates to join the GOP faith when they are faced with election or reelection.

That was amply demonstrated in the recent special election for the rural House District 105 seat when PAC money of BIPEC (Business-Industry Political Education Committee) and the Mississippi Manufacturers Association, both usual Republican givers, was put on known Republican and Barbour's choice, Paul Walley, a Richton lawyer.

But Paul Walley was upset by Leakesville schoolteacher Shaun Walley, who openly identified himself as a Democrat, and for whose campaign some 60 House Democrats House chipped in money to hold the seat in their beleaguered ranks, something that has never happened before.

This underscores how the Barbour era has forged a new party line dynamic in the way the Legislature operates, or as perhaps many would say, does not operate.

Barbour's Republican predecessor in the 1990s, Kirk Fordice, didn't come close to enforcing, or trying to enforce, party discipline among Republicans in the Legislature.

The best example of that was in 1992, when the Legislature, faced with disastrous instability in public education funding, raised the state sales tax from 6 to 7 cents and earmarked virtually all the increase to

education.

Some Republicans voted for the sales tax hike and when Fordice vetoed the bill, enough Republicans voted with Democrats (not all Democrats) to override his veto.

It's noteworthy that two of the present Republican enforcers of discipline in the Senate are Lt. Gov. Tuck and Sen. Terry Burton. Both then Democrats, they voted for the sales tax hike and to override Fordice's veto.

Tuck, more than any lieutenant governor in my long memory of legislative affairs, is a mere puppet in the hands of Governor Barbour.

Democrats have a 28-24 edge over Republicans in the Senate, but the Dems are toothless in mounting any sort of solid opposition. Reportedly, Sen. Jack Gordon of Okolona, the senior Democrat, had to give Tuck an undated resignation in order to get his appointment as chairman of the Appropriations Committee.

Tuck, goes the report, could pull the resignation if Gordon ever bucked her on this year.

## National Day of Prayer

of prayer will be held for our nation and local and federal government officials.

Central Bible Church is located at 2002 Hwy. 90 in Bay St. Louis, across from the Post Office. For more information call (228)467-0529.

THE SEA COAST ECHO  
**G**et ready for liftoff of NASA's Space Shuttle Discovery as it prepares to Return to Flight!

StenniSphere, the visitor center at NASA's Stennis Space Center in south Mississippi, will celebrate the historic launch with a new exhibit opening May 2. NASA's Return to Flight mission for the Space Shuttle, designated STS-114, is targeted for launch May 22 in a launch window that extends to June 3. It will be the first Space Shuttle launch since the loss of Space Shuttle Columbia in 2003.

Visitors can sign their names to a special banner offering good wishes to the seven-astronaut crew, and can experience a Space Shuttle launch in the Shuttle Launch Experience.

Displays feature the Return to Flight mission and its crew and the role Stennis Space Center has played in returning the Shuttle to safe flight.

Space Shuttle Discovery will travel to the International Space Station with seven crew members:

Commander Eileen M. Collins, Pilot James M. Kelly, and Mission Specialists Charles Camarda, Wendy Lawrence, Soichi Noguchi, Stephen Robinson and Andrew Thomas. On its 12-day mission, the crew test new equipment and procedures intended to make Shuttles safer, as well as will deliver food, water and experiments to the International Space Station.

The three Space Shuttle Main Engines that will propel Discovery into orbit were tested at Stennis Space Center, where all the Shuttle's Main Engines have been tested and proven flight-worthy since 1975.

Stennis Space Center has played a key role in ensuring the Space Shuttle is ready to fly safely again.

The Space Shuttle's Return to Flight begins the journey to finish construction of the International Space Station, return to the Moon and go on to explore Mars and the solar system.

Discoveries from these explorations will continue to advance scientific knowledge as well as lead to the development of new, everyday technologies.

## Hancock County Project Homestead to meet this Friday

Hancock Co. Project Homestead will meet this Friday, April 29, at 10:30 a.m. at Word of Faith, 103 Old Spanish Trail in Waveland, to discuss Saturday's Blue Ribbon event. Snacks will be provided.

For more information, call Elizabeth at 868-9586.

## RE-ELECT THOMAS "TOM" FARVE COUNCILMAN WARD 3

I AM PROUD THAT AS YOUR COUNCILMAN MANY THINGS HAVE BEEN ACCOMPLISHED.

- BIDS ARE OUT FOR NEW BALLPARK LIGHTS AT COMMAGERE PARK
- NEW FENCING IS COMPLETE AT COMMAGERE PARK
- CUTTING/CLEANING 10.3 MILES OF DITCHES IN WARD 3
- MORE THAN \$75,000 IN STREET PAVING AND MORE TO COME
- KEEPING THE MINORITY REPRESENTATION OF WARD 3
- NAMING THE SENIOR CITIZEN'S BUILDING
- GRANTS FILED FOR SIDEWALKS FROM OLD SPANISH TRAIL TO HIGHWAY 90 ON WASHINGTON STREET ALSO FROM WASHINGTON STREET TO MAIN STREET ON OLD SPANISH TRAIL

I WILL CONTINUE TO STRIVE FOR THE BEAUTIFICATION OF WARD 3, KEEP IN TOUCH WITH OUR REPRESENTATIVES CONCERNING ALL RAILROAD CROSSINGS AND WILL SEEK GRANTS TO UPGRADE AND RENOVATE LOW INCOME HOUSING AND BUSINESSES.

THANK YOU FOR THE PRIVILEGE OF SERVING AS YOUR COUNCILMAN. I ASK FOR YOUR PRAYERS AND CONTINUED SUPPORT.

PLEASE VOTE TUESDAY, MAY 3, 2005, THOMAS "TOM" FARVE #40 ON THE BALLOT

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**Everyone Welcomed!**

**Dairy Queen**  
of Diamondhead

**STREET KREWZERS**

## Cocaine -- dealer busted

inside the hotel room when agents executed the arrest warrants. McCune was charged with one count of sale of a controlled substance, (cocaine) and one count of a counterfeit substance.

McCune is also being held in the Hancock County Criminal Justice Facility without bond for two previous felony charges.

Jacob Fullin, 21, of Bay St. Louis, was also in the motel rooms when agents executed the arrest warrants. Agents discovered crack cocaine, marijuana and a large assortment of drug paraphernalia in the rooms. This included plastic baggies, pipes, spoons, and baking soda. The baking soda is used to convert pow-

der cocaine to crack cocaine. Fullin charged with possession of controlled substance, (crack cocaine,) and transported to the Hancock County Criminal Justice Facility with a bond set at \$5,000.

Michael Stringer, 43, of Waveland was arrested Sunday night and charged with possession of a controlled substance with intent to distribute, (cocaine).

Agents had been tipped off of a location of Stringer and initiated a traffic stop when he left a different Waveland motel. Officers Eddie Peterson and Ronald Story discovered approximately five grams of cocaine in Stringer's pants pocket.

Officers also discovered

crack cocaine, marijuana and a vast assortment of paraphernalia inside his vehicle. Stringer was transported to the Hancock County Criminal Justice Facility and placed on a \$5,100 bond.

Terrance Trybuleksi, 36, of Waveland, was arrested and charged with possession of a controlled substance, (crack cocaine), and possession of marijuana. Officer Todd Blake initiated a traffic stop and discovered the illegal narcotics in side the vehicle Trybuleksi was driving.

Trybuleksi was observed leaving the same motel that Stringer was residing in. The Task Force directors said in a news release.

Agents also seized a 1999

Continued from Page 1A

Ford truck that was being used by Earhart to transport the illegal narcotics. Agents believe that all suspects arrested were tied together with Earhart being the main drug supplier, according to Varnell and McNeil.

Agents are continuing their investigation and all five suspects have a preliminary court date at Waveland Municipal Court in May 5th.

Detectives Brent Anderson and Ian Estorff are the case agents handling the investigation.

All tips or complaints concerning illegal narcotics, please contact the Bay-Wave Narcotics Task Force at 228-467-5683.

Agents also seized a 1999

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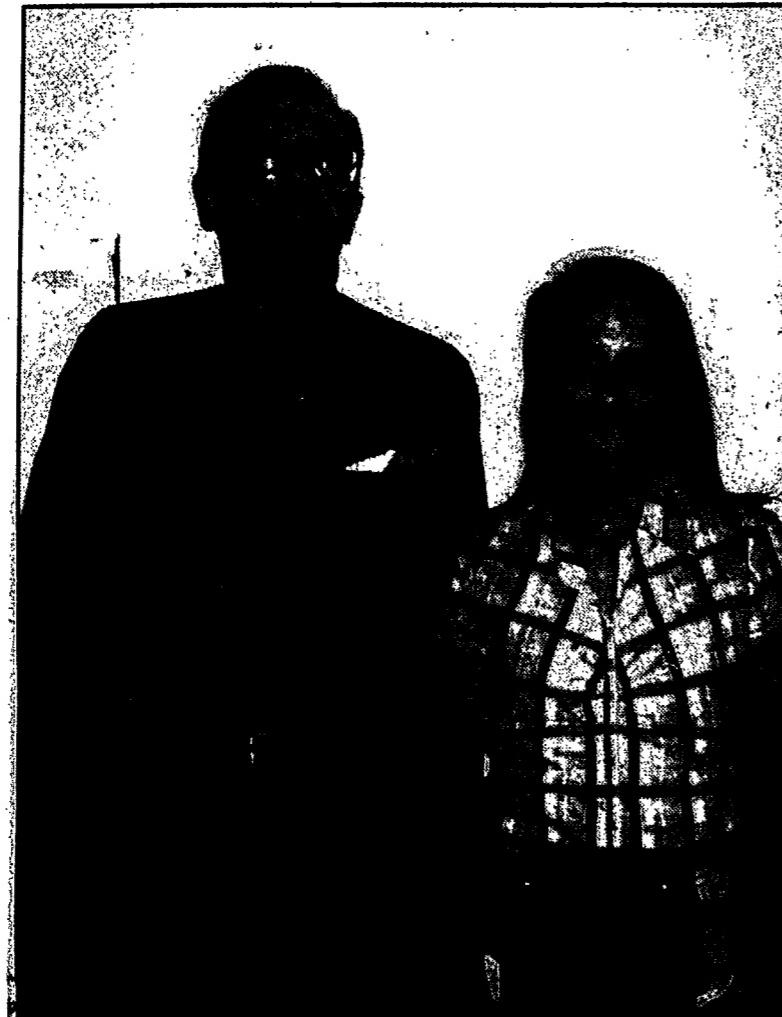
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## Outstanding Student



At the Pearl River Community College Awards Day Program held recently, Mallerie Ladner of Hancock, pictured with her Instructor Dr. Gerald Hampton, received the Outstanding Student Award for Chemistry.

## DMR seeks comments on home construction

The Mississippi Department of Marine Resources (DMR) will hold a public hearing Tuesday, May 3, at 6 p.m. in the Coast Electric Power Association Conference Center, 302 Highway 90, Bay St. Louis, where public comments will be received on regulated activities associated with the proposed construction of two single-family residences on Lot 11 Old Lazy River Road on Breath Bayou in Bay St. Louis, Hancock County.

The applicant, Weldon Frommeyer, is requesting an after-the-fact permit to fill approximately 0.31 acre of low-quality scrub-shrub wetlands on Lot 11 Old Lazy River Road on Breath Bayou in Bay St. Louis, Hancock County, Miss. The applicant proposes to off-set the wetland impacts by purchasing 0.50 credit at an approved mitigation bank. The purpose of the project is to construct two single-family residences.

In compliance with Section 401 of the Federal Water Pollution Control Act (33 U.S.C. 1251, 1341), as amended by PL 95-217, the applicant will request certification from the Office of Pollution Control that the above mentioned activity will be in compliance with applicable provisions of Section 301 (33 U.S.C. 1311), Section 302 (33 U.S.C. 1312), Section 303 (U.S.C. 1313), Section 306 (U.S.C. 1316), and Section 307 (U.S.C. 1317) of the Act and appropriate requirements of the State Law.

Any person wishing to make comments or objections to the proposed regulated activity must submit those comments in writing to the Department of Marine Resources at 1141 Bayview Avenue, Biloxi, Mississippi 39530 and the Office of Pollution Control, Post Office Box 10385, Jackson, Mississippi 39289-0385 until 5 p.m. on Monday, May 9.

## Blessing

Continued from Page 1A

The blessing was offered by Rev. David Knight of St. Patrick Episcopal Church, Rev. Christopher Colby of Trinity Episcopal Church and Father Martin Gillespie of St. Paul Catholic Church.

Winners in the boat decorating contest during included: Commercial boats to 35 ft., Miss Carley Lynn, first place, Justin Lassabe, 36-45 ft., Carmen Lee, Roscoe Liebig, first; Hoot, David Wilson, third. Honorable Mention: Missy Judy, Billy Bradley, second; St. John, third.

## Rape

Huong Nguyen, third; 46 ft. and over, The Bradley Boys, Jim and Bill Bradley, first; The T.C., Tra, Van Nguyen, second; The C. T. Marshal, Can Nguyen, third. Pleasure Boats, SV Waster, Jim and Gala Schmitt, first; Double Trouble, Mark Jenkins, second; Hoot, David Wilson, third. Honorable Mention: Missy Judy, Billy Bradley, second; St. John, third.

Roan stated. Roan continued, "The incidents are alleged to have occurred in 2003 in Pearlington and the old Logtown area. Warrants for Acker's arrest were issued in September 2004."

Acker was lodged in the Hancock County Criminal Justice Facility and a bond of \$10,000 was later set. A complaint against Acker was lodged by the girl's mother on Sept. 20, 2004."

Roan said his investigation revealed Acker met the young girl in 2001, and the investigation is closed, as he is now awaiting grand jury action.

## Art in the Pass Festival 2005 artist applications ready

Artist applications are now available for the 12th annual Art in the Pass festival, online or by request. The festival will be held Saturday and Sunday, September 24 and 25, from 10 a.m. to 5 p.m. There is a \$15 entry fee and \$80 booth fee, which includes a T-shirt and Artist Party. Cash awards will be presented during this year's festival. Applications must be postmarked by June 1. Late applications will be accepted postmarked no later than July 1 along with a \$50 late fee. Please visit www.artinthepass.com or

call (228) 216-2252 or (228) 452-2252 or email info@artinthepass.com for more information.

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## Public Notice

Bay St. Louis City Hall, 111 Court Street will be open, 8a.m. to 7p.m. May 2, 2005 - May 6, 2005 and Saturday May 7, 2005, 8a.m. to 12noon for voter registration (and absentee voting, if a runoff is being held).

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# HMC honors employees for tenure

Hancock Medical Center employees were recognized for years of service recently at the annual Employee Awards Banquet at Casino Magic's Bay Tower Hotel.

A highlight of the evening was presentation of the 2004 Employee of the Year Award to respiratory therapist Robert J. (Rob) Comprett Jr., who was selected by co-workers for outstanding dedication, dependability and positive attitude.

Administrator Hal W. Leftwich, described the employees' combined years of service as an important component of quality patient care. "Your tenure and expertise combine with the compassion you exhibit in patient care, and helps forge a caring bond with our community," he told the honorees.

Board of Trustees President William A. Tate III commended those present for their outstanding efforts to support the hospital's mission of providing the best in health services.

Receiving awards were:

25-Year Pin: Ezell Butler (Information Systems)

20-Year Pin: Angie Gambino (Nursing Administration) and Susan Stevens (Quality Resources)

15-Year Pin: Philip Garcia (Health Information Management), Elaine Lafontaine (Centralized Scheduling), Peggy Matherne (OR), Carole Osbourne (Patient Financial Services), Sydney Saucier (Medical Nursing), Evette Smith (Nursing Administration) and Tammy Tabor (OR).

10-Year Pin: Denise Davis (Registration), Michael Faul (Cardiopulmonary), Lora Fendley (Cardiopulmonary), Janet McQueen (Marketing), Annabelle Moran (School Clinics), Norma Richardson (Health Information Management) Jacqueline Smith (Cardiopulmonary), Susan Trudo (Materials Management) and Henry Wheeler (Facilities Services)

5-Year Pin: Jerry Adams (Maintenance), Chris Arcement (ER), Michael Bryant (Lab), Terry Bryant (Medical Unit), J'Don Bunol (Recovery), Lisa Cooksey



Ten years-Seated, Annabelle Moran, Denise Davis and Susan Trudo; standing, Janet McQueen, Hank Wheeler and Lora Fendley.



Twenty-five years-Hancock Medical Center Board of Trustees President William A. Tate III presents a bouquet of roses to Information Systems Director Ezell Butler.



Fifteen years-From left, Sydney Saucier, Tammy Tabor and Evette Smith.



Five Years-Front row, from left, Heather Windham, Linne Nowell and Michelle Gomez; second row, Denise Daigle, Loretta Green, Missy Dossett, Melissa Sebring, Ramona Penton and Pinky Smith; third row, Mickey Bryant, Tina Schwartz, Chris Arcement, Nick Necaise, Jane Johns, Tamela Hyland, Ann Engerran, Molly Varnado, Missy Rhodes and Laura Tate.



Twenty years-Susan Stevens and Angie Gambino.

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## Obituaries

**HERMAN BONCK**  
**LONNIE HARRIS**  
**VALERIE LAINE**  
**CATHERINE PUTFARK**  
**JOY RUSSELL**  
**CLARENCE WARNER**

**HERMAN BONCK**

Herman Quinten Bonck, Jr., 88, of Waveland, MS, died Monday, April 25, 2005, in Bay St. Louis, MS.

He was born in New Orleans, LA, and a resident of Waveland, MS, for the past 20 years. He was a veteran serving in the U.S. Army during WW II. He was of the Catholic Faith and a member of St. Clare Catholic Church in Waveland. He was a member of the American Legion Post #77 in Waveland, Bay-Waveland Elks Club, AARP Local and National, and the Senior Citizens in Waveland.

He is preceded in death by his wife, Marie Louise Comeaux Bonck; parents, Herman Quinten and Maude Elizabeth Howard Bonck, Sr.; 3 brothers, James Bonck, Howard Bonck, Charles Bonck, Sr.; and a sister, Maude Coci.

He is survived by his son, Ronald Joseph Bonck of Bay St. Louis, MS, and 1 grandchild.

The visitation will be held on Wednesday, April 27, 2005, from 1 p.m. until 3 p.m. at the Edmond Fahey Funeral Home in Bay St. Louis, MS. A prayer service will be held at 3 p.m. at the Funeral Home. Interment will follow in Gulf Coast Memorial Cemetery and Mausoleum in Bay St.

**Louis, MS.**  
**Edmond Fahey Funeral Home** in Bay St. Louis, MS, is in charge of the arrangements.

**RONNIE HARRIS**

Lonnie Laura Harris, 58, and a resident of Clermont Harbor, MS, died Tuesday April 26, 2005.

She had been a resident of the Coast for 20 years and worked as a pre-school teacher at Kinder Castle Day Care for 12 years. She was of the Lutheran Faith.

She was preceded in death by her husband, Jerry Harris, Sr.; sister, Eunice Crochet; and her parents, William and Audrey Worley.

She is survived by her sons, Jerry Harris, Jr. and his wife, Renee of Waveland; William Harris and his wife, Michelle of Clermont Harbor; Adam Harris and his wife Chyleida of San Diego; brother, William Worley of LA; sister Tommie Courinham of Orlando; and six grandchildren.

Visitation will be Friday, April 29, 2005, at Riemann Funeral Home, 25th Ave., Gulfport, where friends may visit from 9-10 a.m. The funeral service will follow at 10 a.m. Burial will be in Evergreen Cemetery, Gulfport, MS.

An online guestbook may be viewed and signed via [riemannfuneralhomes.com](http://riemannfuneralhomes.com).

**VALERIE LAINE**

Valerie Russell Laine, 86, of Bay St. Louis, MS, died Sunday, April 24, 2005, in Gulfport Memorial Hospital.

She was a native of New Orleans, LA. She was a homemaker and book keeper for a jeweler.

She is preceded in death by parents Williams and Amelia Russell, husband John J. Laine, son Gerald R. Laine, brother Raymond Russell and sister Shirley Alexander.

She is survived by daughter Linda Henrie, Bay St. Louis, MS; sister Estelle Puglisi, 1 grandchild and 1 great grandchild.

Funeral services will be held on April 27, 2005, at 1 p.m. at Tharp Funeral Home-Gentilly, 5001 Chef Menteur Hwy., New Orleans, LA. Visitation will be held at 11 a.m. at the funeral home. Interment will follow at St. Roch Cemetery.

**CATHERINE PUTFARK**

Catherine Putfark was born November 21, 1919 in Rural, AR. On April 22nd 2005 after a battle with a broken hip and pneumonia mom took her place among the angels and her loved ones who went on before

her.

A truly dedicated mother, grandmother, sister, aunt and friend, she will be remembered by everyone who knew her. She was the lifeline of the family and her courage brought comfort to all.

She was preceded in death by her parents, Frank and Maude Barber; her brothers, Lloyd Nix, Merrill Barber, and Jack Barber; her sisters, Jewell Cowart, and Marie "Baby" Stough; and her son, Bruce Wayne Griffin.

She is survived by her husband of 28 years, Leonard Putfark; her children, Robert Colley of FL, Linda Nelson of Bay St. Louis, MS, Judy Favre of Waveland, MS, and Donna Bergeron of AL; sister, Noma Ruth Rollan of Prattville, AL; and a host of nieces, nephews, grandchildren and great grandchildren.

The Graveside Service will be held on Thursday, April 28, 2005 at 4:00 P.M. at Gardens of Memory Cemetery in Bay St. Louis. Edmond Fahey Funeral Home is in charge of the arrangements.

**JOY RUSSELL**  
Joy Hope Taylor Russell, 87, of Bay St. Louis, MS, died Saturday, April 23, 2005, in Bay St. Louis, MS.

She was born in Oak Ridge, LA, and a resident of Bay St. Louis, MS, for over 30 years. She was of the Protestant Faith. She was a member of the Waveland Senior Citizens, AARP, VFW

Post #4808 Ladies Auxiliary in Lakeshore, MS, and St. Ann's St. John's Altar Society.

She is preceded in death by her husband, John M. Russell; parents, Stephen and Addie Whetstone Taylor; and her brothers, Frank, William, August, and Walter Taylor.

She is survived by her good friend, Mary Dempsey of Bay St. Louis, MS; her niece, Kathy Friend of CA, and a host of nieces and nephews.

The visitation was held on Monday, April 25, 2005, from 10 a.m. until 11 a.m. at the Edmond Fahey Funeral Home in Bay St. Louis, MS, followed by a Prayer Service at 11 a.m. Interment was in Lakeshore Cemetery in Lakeshore, MS.

Edmond Fahey Funeral Home in Bay St. Louis, MS, is in charge of the arrangements.

**CLARENCE WARNER**  
Clarence Hubbard Warner, 78, of Diamondhead, MS, died Saturday, April 16, 2005.

He was born at his parents' farm in Sunderland, Massachusetts on May 3, 1926. He belonged to the square and compass club and was a lifetime member of the Veterans of Foreign Wars.

He is survived by sisters Myrtle Medley and Grace Fox, son Cortland Warner of

Baton Rouge, LA, daughter Corinne Sharkey of Port Hueneme, CA, 2 grandchildren and 2 great grandchildren.

Memorial services will be held Saturday, April 30, 2005, at 2 p.m. in the Diamondhead Community Church. The Massachusetts service will be at the Sunderland Congregational Church at 2 p.m. Saturday, June 11, 2005, with burial at Riverside Cemetery and reception following at the church chapel.

Arrangements under the direction of the Wrisley Funeral Home, South Deerfield, MA.

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## Plans ongoing for May 5 celebration of National Day of Prayer at Kiln Library

Local organizers are inviting county residents to unite on Thursday, May 5 on the front porch at Kiln Library for the National Day of Prayer Rally. The one-hour event will begin at noon with special music by local artists at the Hwy. 43 Library. For those who may have time limitations, box lunches will be available.

"I can't imagine a time when we have been in greater need to publicly demonstrate our desire to pray," said Mike Wells, Chairman of the North Hancock County National

Day of Prayer Event. "With our Nation at war wrestling enemies both abroad and at home, the attack upon our homes and families, and the rising moral decay, there is a sense of desperation and uncertainty. In the midst of these tumultuous events, it is important that we stand together on the common ground of faith, asking God for His providence and blessings."

Wells said the event will be a time of unified prayer. Local pastors and officials from many denominations and community leaders will

lead in prayers for our community, our nation, and our world. The event will end at 1 p.m. with the reciting of the national prayer, which will be read at more than 30,000 events across the USA.

"Though we are just a small community, our prayers matter to God" said Betsy Smith, a local participant. "The problems we are experiencing here in Hancock County are a reflection of what is happening in cities and towns from coast to coast. If we will simply put aside our denomina-

tional and cultural differences and come together to pray, I fully believe a dramatic change can take place in our community and this nation." The National Day of Prayer tradition dates back to 1776 and became a yearly event when President Harry S. Truman signed a joint resolution by Congress in 1952 declaring the celebration. President Ronald Reagan amended the Truman resolution in 1988 by designating the first Thursday in May as the annual National Day of Prayer.

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## Church to host leadership seminar Fri.

Powerhouse of Deliverance Ministries will host leadership training seminars on Thursday and

Friday, April 28 and 29. On Thursday, INJOY's "Life @ Work" will be broadcast live via satellite. Pastors, leadership experts, and business professionals will speak on the role of workplace ministry.

Speakers will include John C. Maxwell, founder of INJOY and Maximum

Impact, Bishop Eddie L. Long, senior pastor of New Birth Missionary Baptist Church, Bill Hybels, senior pastor of Willow Creek Community Church, David Rae, president of Crown Financial Ministries, Bob Reccord, president of North American Mission Board, and Lloyd Pack, director of The Halftime Group. The event will last from 5:30 to 8:30 p.m.

On Friday, April 29, Powerhouse of Deliverance will host the 2005 Maximum Impact Simulcast on leadership training. Over 70,000 business professionals from around the nation will take part in the leadership development. Coaches, authors, and leadership experts from virtually every circle will converge for the event.

Based on the best-selling

book *Winning with People* by John C. Maxwell, each speaker will illuminate certain qualities akin to their personal careers and experience.

Speakers will include author John C. Maxwell, Duke University basketball coach Mike Krzyzewski, former Ritz-Carlton Hotels president Horst Schulze, Florida State University football coach Bobby Bowden, and many more.

Powerhouse of Deliverance Ministries is located at 1978 Washington St., Bay St. Louis. Bishop Jeffrey, and Pastor Tina Reed lead the church services. Daily morning prayers are at 6 a.m. On Wednesday, Bible Studies are held at 7:30 p.m. Sunday services begin at 11 a.m. The church can be reached at 228-466-3841.

*In Memory Of  
Alton J. Ladner, Sr.  
12-10-33 to 4-29-03*

For what seems like yesterday has become 2 years. The pain is still new and our hearts are still blue. We long for your sweet face, For our love remains true.

*Sadly Missed By  
Wife, Children & Family*

*In Loving Memory  
Lester "Buddy" Haverty  
July 26, 1942 - April 29, 2004*

Time has passed, days have gone. But the memories we have will always live on. There is not a day that goes by, or a minute pass, that doesn't bring a smile to our face from a memory of the past.

You'll live in our hearts, You'll live in our souls. You will always be missed by all young and old.

*Sadly Missed by  
Family, Friends and long time companion Mickie Ford*

## USCG Aux. boating safety course

The Coast Guard Auxiliary Flotilla 36 will be conducting a boating safety, and seamanship course at the Coast Guard station in Gulfport. The classes will meet on Tuesday, May 10 from 7-9 p.m., Thursday, May 12 from 7-9 p.m., and

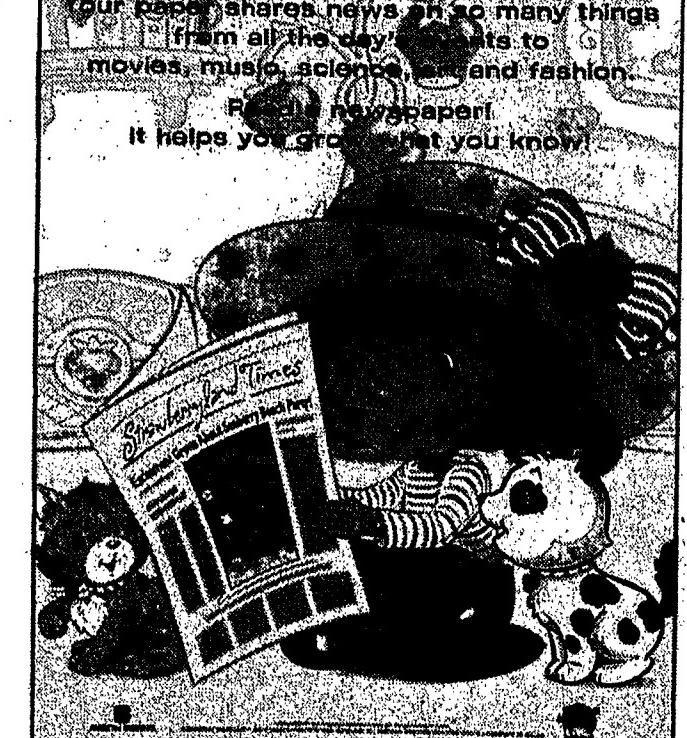
Saturday, May 14 from 8 a.m. until 12 noon.

J.J. Johnson, public affairs officer can be reached for details at 228-216-2909. All persons connected with boating including their families are urged to attend these sessions.

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## BUSINESS NEWS

### Using oil platforms for fish farms gets another look

BY CAIN BURDEAU  
ASSOCIATED PRESS

WRITER

NEW ORLEANS (AP) — Thousands of oil and natural gas platforms in the Gulf of Mexico could be converted into deep-sea fish farms raising red snapper, mahi mahi, yellow fin tuna and flounder, under a plan backed by the Bush administration.

For years, marine biologists and oil companies have experimented using the giant platforms as bases for mariculture, but commercial use of the platforms as fish farms never got off the ground because of the federal government's reluctance to open up the oceans to farming.

Yet, in December, President Bush proposed making it easier to launch fish farms off the nation's coasts. That could be done by resolving a confounding array of regulatory and legal obstacles, the White House said.

Fish farming in the rough-and-tumble ocean, done by enclosing thousands of fish in submerged pens serviced by scuba divers, is limited commercially to waters within state jurisdiction, where permits have tended to be easier to get. Moi is grown in Hawaii, and cobia is farmed near Puerto Rico. Salmon farming is common, but it takes place mostly in the calm waters of fjords and bays.

But, fish farmers say, the future is rosy and fast-approaching.

In Asia, they're starting to creep off into the open waters; there's a lot of talk of doing it in Ireland. In the Mediterranean, they are now looking at moving out into open waters and experimenting with new cages," said Richard Langan, who heads the University of New Hampshire's Open Ocean Aquaculture program.

He is experimenting with a variety of species, cod, Atlantic halibut, haddock, summer flounder and mussels.

With seafood now accounting for about \$7 billion in the nation's foreign trade deficit, advocates of deep-sea farming say mariculture would bolster American seafood production and provide much-needed employment to coastal communities harmed by the eclipse of traditional fishing.

Aquaculture is an issue that is here, and now we're already in the middle of it, and how is the U.S. going to play in the game?" said Michael Rubino, the National Oceanic and Atmospheric Administration's aquaculture coordinator.

"It's already being done in a big way in Korea, Taiwan and China. In the U.S., we'd like to start small, prove the concept and learn by doing."

The U.S. Commission on Ocean Policy recommended

in its report last year to move forward with offshore aquaculture, but to hold it to high environmental standards. In a response to the commission's report, Bush in his "Ocean Action Plan" listed offshore farming legislation as a priority this year.

The new frontier is federal waters, Rubino said. "There's no good framework in terms of where this should be done, how it should be done, how the rules of the game should be applied."

The Gulf could be just the place where such a framework is developed.

Oil and gas platforms function as barn-like bases: They're big enough to store feed, their deck winches and cranes can lift and drop pens in and out of the water and, if needed, fish farmers can spend the night onboard.

And unlike many in Florida and California, the people along the coasts of Louisiana and Texas by and large welcome the offshore industry and its array of spindly-legged and blinking rigs and platforms.

The Gulf has tremendous potential," said Granvil Trece, an aquaculture specialist at the Texas Sea Grant. "There's been a logjam so far, and that's been because of permitting mostly."

There are an estimated 3,500 idle platforms in the Gulf, and each one of them could be a candidate for a lease or life as a fish farm.

The oil companies are looking for a way of leaving platforms in place and delaying the disassembly and expensive process of dismantling and removing a platform," said George Chamberlain, president of the St. Louis-based Global Aquaculture Alliance. It costs about \$2 million to bring a platform ashore, Trece said, but another option, the "Rigs-to-Reefs" program converting a platform into an artificial reef, costs about \$800,000.

Chamberlain said the cost of production in fish farming continues to decline. So far farming from the Gulf's platforms has only been experimental. In the late 1980s and early 1990s, for example, Occidental Petroleum Corp. teamed up with Texas Sea Grant scientists to grow redfish. Feeding the penned fish brought out some ingenious ideas and presented some problems.

Project officials learned computers could be used to open feed gates. With so many platforms far out in the Gulf a boat can't go out every day to unload fish feed as farmers do with salmon in the fjords of Scandinavia and North America.

"We dumped feed amounts in depending on how many fish were in the

pens and what weight we wanted to grow them to," said Russell Miget, a Texas Sea Grant fisheries specialist who worked on the project.

Severe storms damaged some pens and fish got out. And Trece said studies show that the ocean-raised redfish worked out to cost a whopping \$22 a pound, whereas redfish sold for \$3.50 a pound at market. Also, just to run the platform's navigational lights and fight off corrosion cost about \$50,000 a year, he said.

Miget remembered standing on a platform with an Occidental representative contemplating the future of fish farming. Responding to a question, Miget estimated that in ideal conditions, the platform could gross \$6 million a year.

The Occidental employee turned to me and said: "We produce \$6 million in gas every month off this platform," Miget said. "That put it in perspective."

While advocates believe it could work and be profitable, it's less sure whether any legislation Bush proposes will get the support of environmentalists.

Critics worry about turning the nation's oceans into the equivalent of ugly, dirty feedlots, but for fish instead of cattle.

It's much like chickens or hogs or other confined feeding operations on land and putting them in the ocean," said Roger Rufe, president of The Ocean Conservancy. "There are considerable issues with that pollution issues."

Not to worry, Trece said, who believes the Gulf's strong currents "should take care of that," he said. "The solution to pollution is dilution, and that's what you got out here, lots of dilution."

We've found environmental impacts to be relatively minor," Rubino said. "You don't want to crowd these together and stick them on top of coral reefs."

He added: "This is a big coastline. We're not needing a lot of space."

Critics also question whether the government should designate sections of the ocean for farming and, in effect, privatize a public resource.

Another concern: Hatchery-raised fish could be put out in open-water farms, escape into the wild and corrupt wild populations' genetic pools.

Alaskan fishermen, for example, warn that their wild stocks are being infiltrated by Atlantic salmon bred in fish farms.

The potential for Atlantic salmon to compete with our natural wild salmon or to spread diseases is an ongoing concern and part of the reason the United Fishermen of Alaska opposes finfish farming."

ability of commercial and government entities to efficiently share or sell the data has presented major challenges.

### Firm wins NASA SEIR award

The Enterprise for Innovative Geospatial Solutions (EIGS) has announced that member company, NVision Solutions was recently selected as one of 290 Small Business Innovation Research (SBIR) proposals for Phase 1 contract negotiations with the National Aeronautics and Space Administration (NASA). The NASA SBIR contracts will be awarded to 219 small high technology firms in 36 states. NVision's SBIR project will investigate a customer-initiated ordering system for remote-

ly sensed data. With the availability of remote sensed data improving with the launch of each new high-resolution satellite, the

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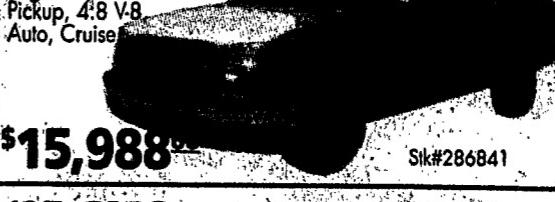
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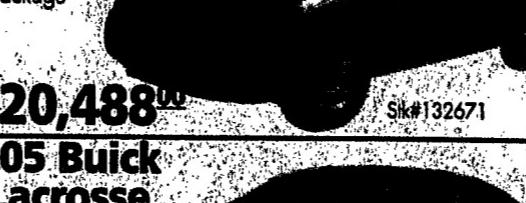
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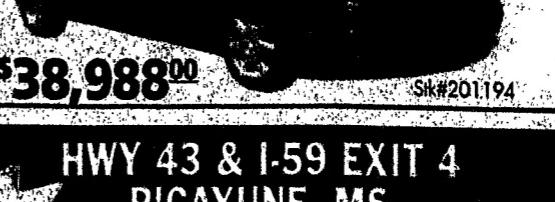
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# LMDC art show in Bay



Original art work created by second graders at the Lynn Meadows Discovery Center will be displayed at Maggie May's In Bay St. Louis on Saturday, April 30. "Displaying young children's art work is a wonderful reinforcement for them," says Dave Moynan of Maggie May's Gallery. "And a way to develop young talent." The multi media collage quilt consisting of over 100 pieces of art is themed "Blue Dog Meets Andy Warhol." This is the first time that the Discovery Center has organized an art show displaying children's art. Partnering with Maggie May's for this show sends children a message of how important their art work is," says Carla Sharro, resident artist at the Discovery Center, "particularly since it is displayed along with known local artists." For more information call Sharro at the Discovery Center, 697-6039.

## 'Choral Moods' at St. Thomas

The University of Southern Mississippi will present the final concert of its Ambassador Series at 7 p.m., Tuesday, May 3 in St. Thomas Episcopal Church, Diamondhead. Titled Choral Moods, featured singers will be the Southern Miss Civic Chorale and the Southern Sea Breeze. Conducted by Joanne Edwards and accompanied by Dr. John Adams, the three part program will offer songs of faith, popular songs of the 20th century, and finally patriotic songs of our nation. The program is designed to have the audience's tears flowing, toes tapping, and spirits soaring.

Southern Miss Civic Chorale has previously performed with the Gulf Coast

Symphony both during the Christmas season and in their Memorial Day Concert at the Gulf Park campus. They also performed with the USM Symphony in the Brahms Requiem and with The Southern Chorale in the performance of the Rutter Gloria.

The Choral Moods presentation will include the Star Spangled Banner, Ave Maria, Alexander's Ragtime Band, Over the Rainbow, America! By Leonard Bernstein, and Let There Be Peace on Earth, among other offerings. Admission is free. St. Thomas Episcopal Church is located at 5303 Diamondhead Circle, which is located past the main entrance on Exit 16; go around the circle and park in the parking lot of St.

Thomas Church. For more information, call the church at 255-9213.

## Legion Post 77 to host Mother's day workshop

The American Legion Auxiliary Unit 77 will host a Mother's Day Workshop on Saturday, April 30, 10 a.m. to 2 p.m. at the American Legion Post 77, Coleman Avenue, Waveland.

For \$6 children ages 4-12 can make a card, gift, and gift bag. Lunch and snacks served. \$8 per additional gift sets. For more information, contact Tammy Gouwin 466-9582.

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# Community

pg 1B

THURSDAY  
APRIL 28, 2005

## Corporate America, Kiln & the media

**Kiln Billy Corner**  
By John Bullock

**G**ood Morning South Mississippi and welcome to "Kiln Billy Corner" the newest addition to Hancock counties oldest newspaper, the Sea Coast Echo. Before I begin I've got to admit I'm incredibly honored to be here. After all who would have thought an overfed, undereducated, wanna-be writer like myself would ever have an opportunity like this? Just blows me away folks and by the way, that ain't easy. Not even for our beloved political leaders.

Hopefully in the weeks to follow and as I learn me some better English skills, this column will provide you readers with some useful information regarding Kiln area happenings, local business activities, a little gossip and of course some mild sarcasm just for laughs. Because we all need it and let's face it, as unfortunate as it is, trash sells.

And speaking of sarcasm, as Corporate America along with her crusade of twisted political puppets continue to plague our nation with corruption, its comforting to know that places like Kiln, Ms still exist and those of us who choose to live here are proud to call it home.

This unique community is only minutes north of I-10 but the atmosphere of the town and the attitude of her people can actually take you back in time. Back to the days when contentment was the American dream and actually attainable, and a quarter would not only buy a candy bar but a soda as well with a ten cent return on the empty bottle.

Statistically, this humble little town's gender is perfectly balanced with a 50% population of males and 50% females that combined produce an average household income of just over \$38k annually. According to the last census of 2000, the total population is a mere 240, with a 96% ratio of whites and an average age of 36. And at the risk of sounding like a racist, no wonder its called Redneck Territory.

With the interstate only minutes away, New Orleans can be reached in less than an hour and Gulf Coast entertainment such as gambling, movies and fine dining in only thirty minutes. Therefore, with an open opinion and closed mind, "Kiln Country" has unanimously won my vote as the Gulf Coasts most convenient country living with very little crime and some of our states best schools. Who could ask for anything more or less for that matter?

My closing this week is a description of a dream I recently had. I hope you enjoy it as much as I did. It took place in some elaborate



Jazz in the Pass 2005 promises a Bigger, Better, Greater, Grander JazzFest. Several live bands will be playing from 11 a.m. till 9 p.m. on Saturday, May 7 highlighted by the U.S. Navy Show Band of 22 musicians backed up by a list of other talented jazz and blues groups. At noon, Sunday, May 8, a special treat for pre-sold brunch ticket holders will enjoy a cuisine served up by Chef Kirk for the first Annual Mothers Day Jazz Champagne Brunch.



## Jazz in the Pass '05 is bigger, better than ever

**THE SEA COAST ECHO**  
**J**azz in the Pass celebrates its 7th Annual JazzFest as a Free Admission and Free Parking, open to the Public venue. It is staged in War Memorial Park at Pass Christian for Saturday, May 7, from 11 a.m. till 9 p.m. and on Sunday, May 8, from noon till 7 p.m.

With 13 entertainment performances offering Jazz, Blues, Dixieland, Swing, AfroCuban, Traditional and Progressive Jazz and Gospel Choir Singers. On Saturday, a Classic Car showing will be on hand under th Oaks facing the beach.

Besides expanding to a second day, Mothers Day Sunday features a

JAZZ IN THE PASS-PAGE 4B

## Dog bites preventable with responsible pet ownership

**M**ore than 4 million people in the United States are bitten by dogs every year. More than half of these are children, and about a dozen people die annually as a result of injuries from dog bites. Most bite incidents are preventable, however. Promotion and enforcement of responsible pet ownership and teaching appropriate behavior when around dogs can greatly reduce the chances that you or your child will become the victim of a dog bite.



Here are some tips:

- Support spay/neuter programs in your community, and have your own pet altered. Most dog bites are caused by intact males, but any dog can bite given the "right" set of circumstances.
- Never assume your dog won't bite, especially in a new or stressful situation.
- Socialize your dog so that he/she is comfortable with people and different situations. If you don't

know how your dog will react to something or someone new, be cautious and keep your dog under control with a leash or confinement.

• Train your dog! Dogs that know and obey even the very basic obedience commands are easier to control and less likely to bite.

• If your dog exhibits any aggressive behaviors such as growling, snarling, or nipping, even on an occasional basis, immediately consult your veterinarian and/or a qualified

trainer. Be aware that physical illness or pain can make a dog more likely to bite.

• If your dog is confined in a fenced area, be certain he/she is not harassed or teased by children or other people outside the fence. Don't leave your dog out on a tie-line or chain; restraining a dog in this manner can lead to aggressive behavior.

• Don't encourage aggressive barking, guarding, or protecting behavior.

PETS-PAGE 4B

## North Bay wins MS Power Poster Contest



Stacey Ferguson's third-graders at North Bay Elementary School won first place in the Mississippi Power's Poster Contest. From left, Bon Delbert, Brittney Brown, Alexis Hoffmann, Elizabeth Lea, and Blake Lincoln. Not pictured, but also a member of the winning team is Chantelle Jeanfreau. Students received a banner for the school to hang, a pizza party for the whole third grade, and a \$300 Wal-Mart card.

## Pangan named All-American scholar

The United States Achievement Academy announced last week that Casey Pangan from Diamondhead has been named an All-American scholar.

The USAA has established the All-American Scholar Award Program to offer deserved recognition to superior students who excel in the academic disciplines. The All-American Scholars must earn a 3.3 or higher grade point average. Only scholars selected by a school instructor, counselor, or other qualified sponsor are accepted. These scholars are also eligible for other awards given by the USAA.

Casey Pangan, who attends Hancock High School, was nominated for this national award by Sandra Hubbert.

Pangan will appear in the All-American Scholar Yearbook, which is published nationally.

"Recognizing and sup-

porting our youth is more important than ever before in America's history. Certainly winners of the All-American Scholar Awards should be congratulated and appreciated for their dedication to excellence and achievement," said Dr. George Stevens, Executive Director of the United States Achievement Academy.

The Academy selects All-American Scholars upon the exclusive recommendation by teachers, coaches, counselors, and other qualified sponsors. Once awarded, the students may be recognized by the USAA for other honors.

Pangan is the son of Remmy and Wendy Pangan from Diamondhead. His grandparents are Bernard and Joy Audibert of New Orleans, LA, and the late Mr. and Mrs. L. Pangan of Oahu, HI. He will be attending LSU starting this June, majoring in Physics.

## RESTAURANT REVIEW

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### Attention Restaurant Owners...

Advertising is an investment in the success of your restaurant. Every restaurant has competition, either within the town, or nearby city. Your potential customers are being courted by your competitors. If you do not invite those customers to do business with you, they are likely to forget you and dine elsewhere. It is not uncommon for consumers to switch their dining habits from one restaurant to another. Advertising helps to keep old customers and equally as important, make new ones.

Our community is constantly growing which means that potential customers are moving into the market area all the time. Advertising gives these newcomers a reason to visit your restaurant.

Most businesses budget for their advertising expenses just as they do for other necessities such as rent, phones, etc. Smart business people realize that advertising is imperative to keep their business growing.

Another reason to advertise is that advertising is news! You profit by telling our readers what is new in your restaurant. Through advertising, you can let a wide audience know what specials you are offering, perhaps what entertainment you may have and the character of your restaurant.

If you have something to sell, then you have something to advertise. When you have nothing to

advertise, you are out of business. Advertising is designed to build your business and works best when it is repeated regularly. Consistent advertising pays off!

Now that you know some of the reasons to advertise, you're probably wondering how you can advertise most effectively. Surveys show that ads in local newspapers have more impact than in any other medium. The Sea Coast Echo goes into the majority of the homes in Hancock County. The Sea Coast Echo is full of interesting reading, it is a part of our community. People like to read about people and The Sea Coast Echo is full of pictures and stories about local people. The most important reason to advertise in The Sea Coast Echo is that our readers are your customers.

If you're looking for the best advertising value for your money, then you should contact the advertising department at The Sea Coast Echo. One of our advertising representatives will be happy to discuss the many advertising options offered by The Sea Coast Echo. For more information you may call 467-5474, Monday through Friday 8am to 5pm, or stop by our office at 124 Court Street, Bay St. Louis.

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# Sports

## Lady Pirates take second at regional meet

BY JOSEPH W. GEX II  
Staff Writer

The Pass Christian Lady Pirates, Our Lady Academy Crescents and St. Stanislaus Rock-a-chaws all finished in the top three in team standings at the regional track and field championships held at Gulfport High School on Saturday, April 23rd.

The Lady Pirates claimed second place overall with 99 points in Region 4 Class 4A competition while OLA and SSC each brought home third place overall in Region 4-3A and Region 4-4A (boys).

Vancleave captured the regional championship for Class 4A girls with 138 total points followed by Pass Christian with 99, Laurel 72, East Central 64, D'Iberville 64, George County 41, Petal 35, Stone County 28, South Jones 19, Bay High 15, Gautier 11, and Forrest County with 2 points.

The top four finishers in each event at the regional meet will move on to the south state meet held on Saturday, April 30th.

Pass Christian qualified all three of their relay teams as each one won their respective event. The 4x100m relay team crossed the tape in 53.25 while the 4x200m and 4x400m teams won in times of 1:52.81 and 4:30.38, respectively.

Cory McGee of Pass Christian was a double-winner in the 3200m and 1600m runs with times of 11:52.67 and 5:32.28.

There were several second place finishes by the Lady Pirates. Deidre

Palode took silver in the 100m low hurdles, Sicily Rials in the 300m low hurdles, Shannon McGee in the 800m run and Dominique Dedeaux in the 400m dash. Jessica Rush placed third in the 200m dash while Sarah Freeman also qualified for the south state meet in the triple jump.

Darlene Lee was the only Bay High Lady Tiger to advance. Lee placed second in the 200m dash and third in the 100m dash.

The OLA Crescents qualified athletes in four events. Jennifer Asper won both the 1600m and 3200m runs with times of 5:54.28 and 12:43.86, respectively.

Mandy Donlin and Jody Donlin also qualified in the long distance races. Mandy advanced in the 1600m run while Jody moves on in the 3200m run with a third place finish.

Annette Allard placed third in the high jump to qualify for the south state competition. Margaret Rittiner ran an inspired 800m run to place second overall and qualify for the south state meet. She came from four places back to take the runner-up position.

The final standings for the Class 3A girls were Amite County with 169 points followed by Tylertown 107, OLA 99, Hazlehurst 77, Wilkinson County 57, Poplarville 34, Greene County 25, Columbia 20, Purvis 16 and Sumrall with one point.

It was a battle for second place between SSC, D'Iberville and Gautier in the Class 3A boys meet.

Other qualifiers for SSC were Jordan Ellis with a third place in the shotput,

Derek Miketinas in pole vault (second), Sam Hudgens in the 400m and 110m high hurdles (second in both), Brad Reinhart in the 3200m (fourth), the 1600m relay team (second) and Smith in the 400m (third).

The Rocks received only two first place finishes in the meet, but no performance by a Rock-a-chaw was lower than fifth overall.

Connor Smith took top honors in the pole vault with a height of 11 feet. The other top finish for SSC was a bit of a surprise considering the situation.

Bobby Nilson finished first in the 800m run with a time of 2:17. However, it is how he got that first place that is so intriguing.

He was injured earlier in the week at practice and was running in pain all meet long. He qualified in the 3200m run with a second place finish and was in obvious pain following the event. It was a toss-up to let him run the 1600m run which he qualified with a third place finish. However, his coaches told him he was done for the day which meant he would not run the 800m.

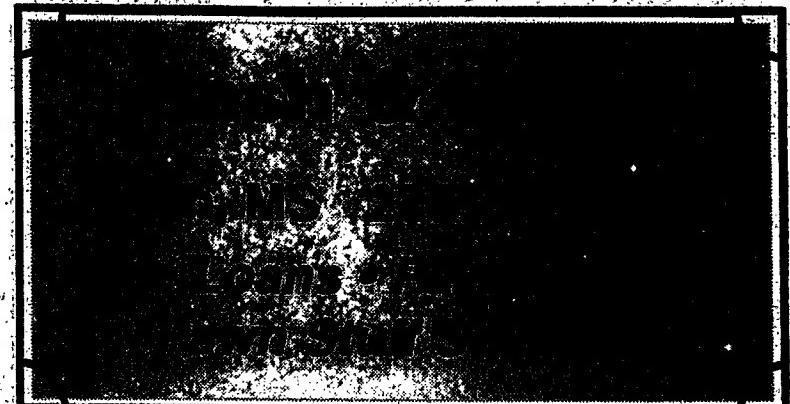
But, as we all know, teenagers can be a little rebellious and he talked his coaches into letting him run. Nilson fought the pain and held off a strong challenge from Laurel at the tape to win the event which ultimately led to SSC's overall third place finish.

Bay High head coach Jeff Hopgood commented, "We qualified several athletes for the South State meet. At Bay High, we are still trying

to build the foundation for the track team. We only have two seniors so many of the qualifiers are underclassmen. We are very proud of the young men and lady that have qualified to represent us."

The Pass Christian Pirates qualified their

4x200m relay team with a fourth place finish in the race. The Class 4A and 5A South State meet will be held at Gulfport High School on Saturday, April 30th while the Class 3A South State meet will take place at St. Andrew's in Jackson.



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## Gilmore signs with WCC



Bay High School senior Sara S. Gilmore last week signs a full basketball scholarship agreement with William Carey College. In the past season at Bay High, Gilmore averaged ten points per game, six rebounds and three assists. Pictured are her father, Michael Gilmore, left; Bay High Coach Debbie Triplett (standing); Sara Gilmore; her mother, Suzy Gilmore; and WCC Head Coach Tracy English.

### ATTENTION!

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## Jazz in the Pass

Champagne Jazz Brunch with seating under the Big Tent, front and center of the band stage. Ticket holders will enjoy VIP Parking, Photo Shots, Champagne and a Chef Kirk presentation of Broiled Red Snapper or Broiled Chicken over Pasta as the main entree. All for only \$15 per person for the first 100. Tickets are available at 452-2252, 452-3138.

The Jazz in the Pass Committee members are very much aware of the fact that to put on a good annual event, it takes many meetings of its volunteer leaders, but, they are first to realize that of even greater significance is the backing received from corporate good neighbors who give financial support to the event. The unpaid staff of excited and driven committee members give of their time freely to make the vision real in producing a mini JazzFest that follows on the heels of the Big Easy

One in New Orleans. But a JazzFest with a difference Under the Oaks facing the Pass Christian beaches, one can bring their own lawn chairs and picnic blankets and get in-your-face live music all for Free!

The first "Jazz in the Pass" was held in 1999 as Pass Christian's contribution to the Coast Tricentennial celebration. Its mission was to show support and appreciation of Pass Christians' cultural and Jazz heritage. Each year, Jazz in the Pass has dedicated its JazzFest to John Handy, Joe B Jackson, Jeanette Salvant Kimball, and the Watson Brothers Band all from Pass Christian and who were famous for their contributions to Jazz and Blues throughout the region and even, to the international scene.

The festival has grown with each year, having the potential of becoming a major event as attended by

local and coastal residents in addition to many visitors from neighboring states who strongly support "Jazz in the Pass." The Pass Christian Mayor, the Board of Aldermen, the Harrison County Board of Supervisors are its Official sponsors and are further enhanced by a list of Corporate sponsors led by CableOne.Net, DuPont DeLisle, Isle of Capri, Walmart, McDonald Corp., and others.

Book author, Dan Ellis is in charge of engaging the performing bands and states, "It gets more and more difficult to refuse such great talent as who present samples of their sounds on CD, many of whom are from as far away as Russia, Israel, and New Zealand and from almost every state in the Union. Via the www.JazzInThePass.Com, more than 500 requests were made from bands offering to cut their rates to make an appearance."

Photographer and Graphics Designer, Al Hooks is in charge of the vendors, whose participation has increased to double the participants from last year with new artisan crafts and art works in paintings, photography, jewelry, perfumes, handcrafts, etc., and food offerings of a wide variety without duplication.

CableOne's Internet Business Manager, John Thompson is in charge of engaging the corporate and industrial businesses in explaining how their contributions are utilized in bringing the joy of music and spreading cultural appreciation for the arts.

J. Johnson is publicist for the Jazz-ABelles, the charming decked out ladies who Second Line throughout the Park and around the Gazebo with endless dynamic vigor.

For further information, call 452-2252, 452-3138, or e-mail Dan Ellis at Info@JazzInThePass.Com.

Continued from Page 1B

## Kiln -- the Corner

meeting hall filled with TV cameras and reporters interviewing a convicted former political figure and his band of outlaw associates.

Then suddenly for no particular reason one camera and reporter turned to me and said, "excuse me sir but would you like to make a comment for today's audience?" As astonished as I was and without hesitation I humbly said, "no thank you ma'am, I'd better not."

"May I ask why?" said the

eager reporter hoping not to interrupt her live broadcast. Again without hesitation

I humbly spoke and said, "well if you insist but you're probably not going to like what you hear."

"And why is that" said the now irritating reporter in a rather arrogant voice?

I then directly replied and said, "Well first of all, I'm just dreaming this nonsense and as far as I'm concerned you ruthless media people are no more interested in discovering the truth

than the loss of ratings. And secondly, your lack of concern for the truth makes you just as guilty as the criminals. After all most of you work for them and by the way, if you don't mind me saying, I have more respect for the lingering odor in the bathroom than you."

I then took a very slow and poised breath and said, "I told you so," gave her a wink and walked away whistling Dixie, as she remained dumbfounded in

her embarrassment on national TV.

Thanks for your time folks. I hope you enjoyed your reading and as always your questions, comments and topic ideas are always welcome by email to kilnbullock@bellsouth.net until next time remember, "Faith is the only asset that enables us to recognize our heart and not our mind as the genuine source of truth."

## Pets -- dog bites

itors with your dog. Protection and attack-trained dogs require thorough, intensive training, and always need careful supervision by a qualified handler.

• Never leave any dog, even the family pet, alone and unsupervised with babies or young children.

• Teach your child to respect your dog, never allow your child to hit,

pinch, or tease any dog. Be sure your child understands never to disturb a dog when it is eating or sleeping.

• Learn how to react appropriately around strange dogs, and what to do if you are approached or chased by a dog that may be aggressive. Never run and scream, this will only excite the dog further, and elicit predatory chase instincts. If you are on a bicycle, stop,

get off, and place the bike between yourself and the dog. "Feeding" the dog an item such as a jacket or purse can help deflect the dog's focus away from you. Teach your children how to

"stand like a tree" and lie like a log."

Resources/statistics compiled from information provided by HSUS, AVMA, and American Society of Plastic Surgeons.

Continued from Page 1B

## American Red Cross lifeguard training

The Mississippi Gulf Coast Chapter of the American Red Cross sets Lifeguard Training to be held beginning on April 30. Candidates must be at least 15 years of age and able to pass the pre-course test. The test includes 500 yards of continual swimming using two strokes, the front crawl/freestyle and the breaststroke as well as deep water retrieval and carry of

a ten pound diving brick. The course will be taught on three consecutive weekends ending on May 14.

Class size is limited. Call Shawna Tusa 228-467-3999 for more information.

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Like to write? Want to be a local celebrity? Then ...

## We Want You to write for us!

This is not a money-making position, but an opportunity for anyone living in Diamondhead, Kiln, Pearlington, Leetown, or Pass Christian to have his or her voice heard, and be a vital part of the community.

Please send a short writing sample to [gbelcher@seacoastecho.com](mailto:gbelcher@seacoastecho.com) or The Sea Coast Echo, P.O. Box 2009, Bay St. Louis, MS 39521.

Call Geoff at 467-5474 for more information.

Continued from Page 1B

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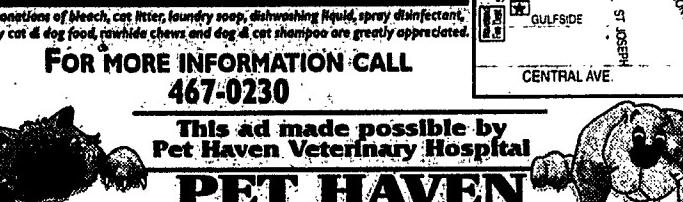
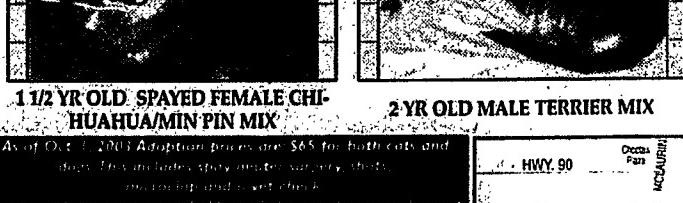
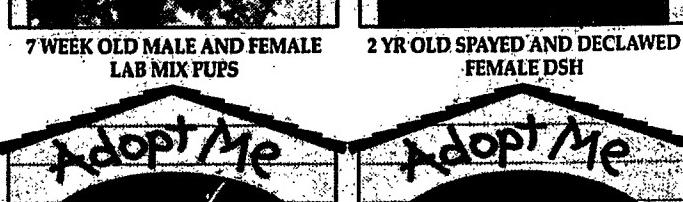
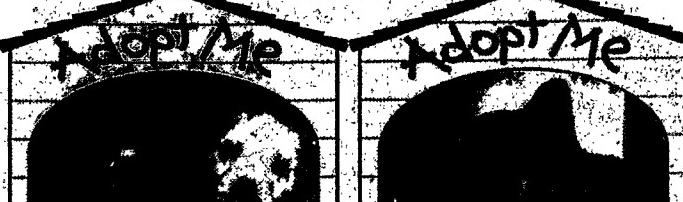
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</div

# Entertainment

## Medieval times to be revived in Ocean Springs

**THE SEA COAST ECHO**  
splintered wooden lances, armored knights and thundering hooves will greet the spectators of the authentic Medieval joust which will be center stage at the Ocean Springs Renaissance Festival.

The Festival, known as Faire Sur la Mer (Faire by the Sea) will be held on Saturday, April 30th and Sunday, May 1 from 9 a.m.-5 p.m. at the Gulf Hills Hotel and Conference Center in Ocean Springs.

The Ocean Springs Renaissance Festival was recently nominated as one of "The Top 20 Events in the Southeast" and is an intimate, non-profit, family oriented event and Mississippi's only Renaissance Festival.

The beautiful 7-acre waterfront festival site is shaded by 200-year-old mossdraped live oaks with the bayou as a backdrop. The faire is a blend of crafts, historical reenactment, music, food, entertainers and much more. Colorful fabric tents are reflective of the life and times of the medieval age. Participants dress in period costumes or "garb" and take on a persona of the era.

The reenactments performed by Regia (850-1066 A.D.), Normans of the Southern Sun (1000-1255



The Ocean Springs Renaissance Festival takes place this weekend at the Gulf Hills and Conference Center.

A.D.) and the Society of Creative Anachronism (SCA) lend historic authenticity to the Festival. These groups

are dedicated to the research and accurate recreation of the life and times of the Middle Ages. Stroll through

a fascinating Medieval Village, including an outdoor kitchen, Throne Room, Scriptorium, Apothecary Shop and Armory. They will demonstrate craftsmanship of the period.

The Faire Sur la Mer will officially begin on Friday, April 29th at 6:30 p.m. with the renowned King's Feast where King Herbert Moore and Queen Lisa Michaels will toast their royal subjects and rule over an extraordinary banquet. Tantalizing foods of a Medieval feast will be served. The Gulf Hills Guild Hall will be filled with music, dancing and spirits. Tickets to this spectacular event are prized, as the feast has become the "Best Party on the Coast".

The Festival will open as trumpets, drums and bagpipes herald the Royal Procession of Festival Royalty from kingdoms far and wide. The Ocean Springs Middle School will host fascinating games of chance. Join in the tug-o-war, archery or Maypole dance. Smell the smoke from the blacksmith's fire and hear the sounds of clanging metal that fill the air. Enjoy a festive Fairie Tea, listen to classical guitars and sounds of the Royal Harp and take pleasure in

the Celtic music of "A Frayed Knot" throughout the day.

Step back in time when romance and chivalry ruled. Enter a magical world where knights gallantly protect the kingdom while fairies dance and play.

Come lords and ladies to the Ocean Springs Renaissance Festival.

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### NEWSPAPERS ARE EFFECTIVE

Newspaper readership is highest among the groups most likely to vote...professionals, high income earners, the more educated and ages 35-64. Less than one of every three television viewers say they will "probably vote".

### NEWSPAPERS HAVE CREDIBILITY

Newspapers score higher than any other medium in believability surveys.

### NEWSPAPERS EDUCATE VOTERS

Newspapers offer in-depth coverage of local events and current issues, not just snippets and sound bites. By using this strength, Political Campaigns can get their message out to readers who tend to be "Centers of Influence" in their communities. This ability to tell the whole story helps voters make informed decisions. If you are running for political office, you need to be "in the paper"!

\*Stennis Institute survey.

## The Sea Coast Echo

124 Court St. Bay St. Louis, MS 39520

228-467-5474

rpond@seacoastecho.com

## The Legendary Pete Fountain gets new showroom at Bay Magic



Pete Fountain

**THE SEA COAST ECHO**  
**C**asino Magic Bay St. Louis will open the new Oak Royale room for Pete Fountain performances beginning Wednesday, May 11.

One of New Orleans' living legends, Fountain performs jazz clarinet with his band every Tuesday and Wednesday night at 8 p.m. The intimate new room, located on the second floor of the casino lobby, features cocktail seating, a stage and a full-service bar.

It will also be available for meetings and private parties.

Tickets for Pete Fountain performances are \$15.00 and include two drinks of your choice. You must be at least 21 to attend. To purchase tickets call the Casino Magic Box Office at 1-800-5-MAGIC-5 or locally at 463-4035. You can also log on to Ticketmaster.com to purchase seats.

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## Jazz in the Pass bigger, better than ever with two-day event

**Jazz in the Pass** promises a Bigger, Better, Greater, Grander JazzFest. Several live bands will be playing from 11 a.m. til 9 p.m. on Saturday, May 7 highlighted by the U.S. Navy Show Band of 22 musicians backed up by a list of other talented jazz and blues groups.

At noon, Sunday, May 8, a special treat for pre-sold brunch ticket holders will enjoy a cuisine served up by Chef Kirk for the first Annual Mothers Day Jazz Champagne Brunch. Entertainment will be provided by Mariachis, Amazing Grace Gospel

Choir. Following the brunch a score of musicians playing jazz, blues, and Dixieland topped off by the Otra AfroCuban band and Barbara & Co. Jazz under the Oaks is a free admission, free parking event at War Memorial Park fronting the beaches in Pass Christian.

Lounge chairs and blankets are suggested. A large variety of food and beverages, art, perfume, jewelry, and many other items will be available. Information at [www.JazzInThePass.Com](http://www.JazzInThePass.Com), 452-2252, 452-3138, or [Info@JazzInThePass.Com](mailto:Info@JazzInThePass.Com).

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## 73 Help Wanted

LOOKING FOR DESIGNERS WITH own clientele, can work own hours \$100. or less, book with Toni at 463-1242 or 601-749-6532.

MAINTENANCE POSITION, MID size apartment complex. Fax resume to 228-467-3387.

MALE ATTENDANT TO CARE for male patient at home, 7 days a week, mornings & evenings, Waveland area. 228-960-6550.

MEDICAL OFFICE IN BAY ST. LOUIS seeking experienced medical assistant position with knowledge of medical terminology, medical records, patient assistance and scheduling appointments. Mail resume to PO Box 39, Bay St. Louis, MS 39520 or fax to 228-467-1095.

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NEEDED: EXPERIENCED Carpenters, must have own transportation. 463-0831.

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## 76 Situation/Job Wanted

CLERICAL POSITION: OVER 18 years experience, BSL native, self motivated, dependable, people person, full or part time, 467-6608 leave message.

## 81 Appliances

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## 83 Items For Sale

10 FT. FREEZER COMMERCIAL \$600. Different size sliding glass doors \$25 & \$40. Electric double oven, stainless steel \$60. 263-9751.

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RESIDENTIAL ELEVATOR IN Perfect running condition \$3000 or best offer. Renovating home, must sell. (504)468-2002.

## 84 Furniture

3 PC. NEW KING PILLOW TOP mat/sets brand name w/wair. Never opened, \$225. Can deliver 228-234-0934.

5 PIECE CHERRY BD. ROOM SET \$450. Must sell-can deliver. Call 228-234-1151.

A NASA MEMORY FOAM QUEEN size matt/sets still in plastic, 20 yr. war. Must sell \$495, can deliver 228-234-0934.

BED, NEW QUEEN PILLOW TOP, matt/sets, never opened. Can deliver, \$145, call 228-234-0934.

FURNITURE: ENTIRE Household of furniture. 3 bedroom sets, 3 dining sets. Sectional sofa, Piano. Chairs/tables/lamps. 467-1681

NEW FULL SIZE MATTRESS SET, still in plastic with warranty, must sell, \$120, can deliver. Call 228-234-0934.

SOLID CHERRY SLEIGH bed never opened must sell, \$295. Can deliver. 228-234-1151.

## 90 Pets

COCKTEELS FOR SALE: \$10-\$15 each. Call Deborah 466-9257.

PIGS FOR SALE: A QUARTER horse stallion. Catahoula puppies registered 6 months old. 228-255-7514.

## 93 Yard Sale

101 EDITH DRIVE, JORDAN River Estates. Lots of stuff cheap! Sat 4/30, 7am to 11am.

139 WAVELAND AVE., 2. FAMILY, 8:00 till Saturday, 4/30. Lots of stuff.

## 93 Yard Sale

2 FAMILY YARD SALE: RAIN OR SHINE, 2nd St. off Lakewood Road, 2 streets before railroad tracks, 467-4068; Friday & Saturday, 8:00-11:00 AM. Rain or shine!

CARPORT SALE, SAT. APRIL 30, 8AM-12. One mile west past the Big Alligator on Hwy 90, watch for signs on the left.

MULTI FAMILY YARD SALE: SAT April 30, 7am-12pm: 719 Zimmerman Lane, Waveland, no early birds.

MULTI-FAMILY YARD SALE: SAT. 8am-2pm, 248 St. Charles St., BSE. Please No Early Birds.

SAT. 8am-1pm: 551 ULMAN AVE. Spring Cleaning Sale! Glassware, dishes, household items, mens clothes (L-2X), maps, movies, lamps, lots of books.

SAT. APRIL 30, 7AM until 2PM, 8927 Ana Hulu St., Diamondhead. Household, clothes, toys, games, books, Military gear & uniforms, etc.

SAT. APRIL 30th, 8AM TILL 11PM, Baby stuff, boys & girls clothes, furniture, lots of misc. items. 4088 Hwy 90 West, Bay St. Louis.

VINTAGE & HANDMADE Jewelry Sale: 4/30 & 5/1, 10am-8pm. No early birds. Free gift wrap for Mother's Day. 341 Easterbrook St. Bay St. Louis.

YARD SALE: SAT. APRIL 30, 317 Eighth Street, Bay St. Louis off Turner St. 8am-1pm.

2000 GMC 2500, SL PACKAGE, V-8, 8ft. bed, ready for work. \$9,995. Jimmy Stockstill Motors, Picayune, 1-800-799-9133.

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2 BEDROOM TOWNHOUSE central air & heat, total electric, walking distance to the beach, \$675.00

3 BEDROOM home, near beach in Waveland. Large oak trees, well shaded. \$525.00

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2 BEDROOM APARTMENT, centrally located. Quiet neighborhood. \$600.00

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LARGE 2 BEDROOM, 2 BA Home on double golf course lot in Pass Christian. Completely renovated. \$135,000.00

3 BEDROOM 2 BATH HOME: central air and heat, built in appliances, freshly painted, new roof installed in summer 2004, new carpet, fenced back yard, carport. \$79,500.00

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LARGE WOODED LOT on Chartres Street in Bay St. Louis. \$20,000.00

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4/21/04-04/28/05/05

## 138 Trucks, Vans

2000 GMC 2500, SL PACKAGE, V-8, 8ft. bed, ready for work. \$9,995. Jimmy Stockstill Motors, Picayune, 1-800-799-9133.

143 Real Estate Services

All real estate advertised herein is subject to the Federal Fair Housing Act, which makes it illegal to advertise any preference, limitation, or discrimination based on race, color, religion, sex, handicap, familial status, or national origin, or intention to make any such preference, limitation, or discrimination.

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8B • THURSDAY, APRIL 28, 2005

## THE SEA COAST ECHO

## 148 Mobile Homes For Rent

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**3 BEDROOM, 2 BATH, PET FREE,**  
1/2 mile off beach. \$450 rent \$450 deposit. 467-4683.

## 149. Mobile Homes For Sale

**3 BEDROOM, 2 BATH, 16X80 ON 2**  
acres, Hancock County, \$52,000. (601)789-5038 or (601)789-0845.

## 150 Unfurn. Houses Rent

**2 BEDROOM 1 BATH COTTAGE,**  
w/d hookups, large fenced yard, 1-1/2 miles from Bayou Caddy. Pet free. \$550/rent, \$550/deposit. 228-304-0573.

**2BR/2BA, B.S.L., NEWLY Renovated,** waterfront. Water, yard maintenance, garbage included. Pet/smoke free. Available May 1st, \$900/month, \$900/Deposit. Day 228-363-0453, after 6:00pm 452-1206.

**3 BEDROOM 1 BATH, CENTRAL**  
air/heat, located 441 Waveland Ave., Waveland, MS. Has stove and refrigerator. Must provide past rent and present employment references. \$495 per month with a \$400 deposit. No lease. 671-9757 or 671-9711.

**B.S.L. CHARTERS ST. ROOMY**  
2b/2b, cent ac/heat, block to Hwy, \$595/month, lease \$500/Deposit. Water, sewer, trash included. Pet & smoke free, May 1st. Salish Realty 342-0783.

**IF YOU WANT TO RENT IN Diamondhead call Betsy 228-255-7702** or Patrick 228-547-8657. Agents with Century 21 of Diamondhead.

**LARGE 3BR/BA UPSTAIRS Duplex Hwy. 503, pet/smoke free, reflec-** hces, \$525/month plus utilities. Salish Realty 228-342-0783.

**LIKE NEW 3 BR, 2 BA FROM \$750** per month. Century 21 of Diamondhead. 255-3550.

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BR/2BA, carpet and ceramic garage, w/d hookups, large yard. \$550/mo. 228-467-0347 or 228-263-3828.

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## 159 Houses For Sale

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room apartment, 2 1/2 bath. Bay St. Louis. Call 228-255-8529 or 228-493-2884.

**3BR/2BA, CATHEDRAL CEILINGS,**  
fireplace, jacuzzi, hardwood/ceramic floors, shed, privacy fence. 808 St. Louis, Waveland. \$94,000. 228-671-1431 or 467-4479.

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**CUTE 1-1/2 BEDROOM** Waveland cottage near beach. Great condition, nice neighborhood, fenced, central a/c, \$59,900. 228-383-0292.

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SF very nice home, fenced yard, rear deck patio-area, single carport, \$108,900. Call Jack 228-363-0843. Real Estate Solutions.

**GARDEN ISLAND, BY OWNER** 3 year old custom built 3 bedroom 2 bath, hardwood & porcelain floors. Covered parking with large storage room on 2 lots 105x15. \$97,500 firm. 985-649-0826 or 228-466-2563.

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**IN KILN BRICK VINYL HOMES:** 4 to choose, 3 & 4 bedrooms, all on 1, 2, & 3 acres. Starting at \$100,000, appraisal starting at \$112,000. Lease purchase available. 228-216-2825.

**LARGE WATERFRONT HOME:** must be sold. Under appraisal, (304)292-9924.

**LOCATION LOCATION: DESIGNER**  
home on corner lot, 3B/2Ba, large living area, designed kitchen with ceramic tile, breakfast room, etc, new appliances and a/c, large private patios. 545 Highland Dr., BSL. By owner 342-2558.

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The City of Bay St. Louis invites Bids for a BACKHOE FRONT-END LOADER.

**NOTICE TO BIDDERS**  
Bids will be received at the City Hall Annex located at 111 Court Street, Bay St. Louis, MS 39520 on 4/28/05 at 1:00 PM. All bids must be submitted to the City of Bay St. Louis, MS 39520. Bidders may obtain a copy of the City Hall Annex at the above address or at the Public Works Department at 300 South Second Street, Bay St. Louis, MS 39520. If you have questions regarding this bid, call 228-467-3724. Robert J. Parker, Municipal Clerk 04/24/05/2005

**NOTICE TO BIDDERS**  
Sealed bids will be received by the Board of Supervisors of Hancock County, Bay St. Louis, Mississippi, until 11:00 a.m., June 6, 2005, and thereafter publicly opened for reading on the 1st or more days of July, 2005, at the time and place of sale of the property.

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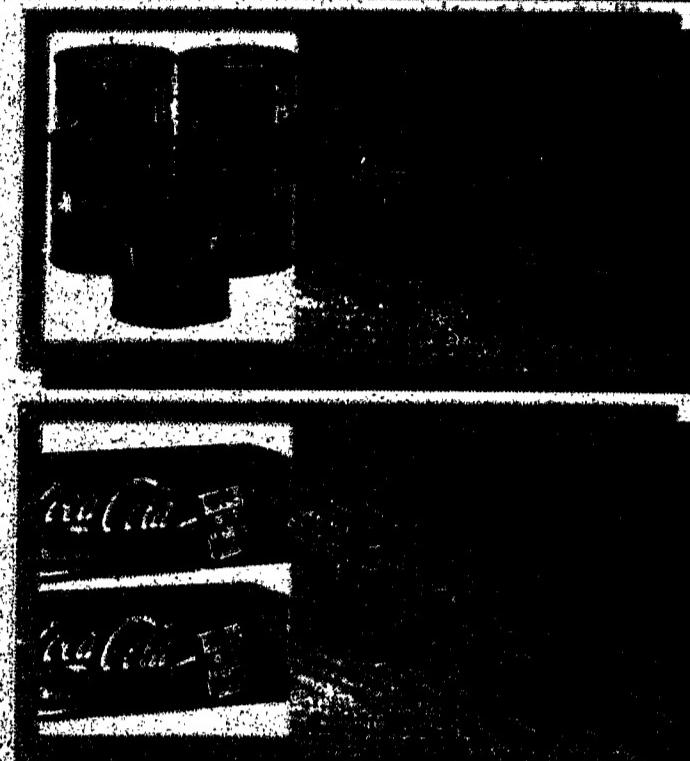
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Assorted Mr. T Smoked Sausage	4 lbs.	5.99
Jimmy Dean Links or Sausage Patties	10 oz.	2/\$5
El Monterey Assorted Chimichangas or Burritos	40 oz.	2/\$5

Bryan Wieners	12 oz.	2/\$3
Bryan Assorted Roast Beef, Turkey, or Ham	10 oz.	2/\$4
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3 lbs./\$1 Bananas	3 lbs./\$1
Fresh Express Mature Spinach	2/\$3
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Florida Valencia Oranges	1.99
Yellow Onions	2/\$3

Yellow Corn	3.99
Red Potatoes 3 lb. bag	

Shurfresh Crescent or Cinnamon Rolls	2/\$3
64 oz. Assorted White Wave Soy Milk	2.49
64 oz. Shurfresh Ice Cream	2/\$4

10 oz. Assorted Boxed (in sauce) Green Giant Vegetables	3/\$4
16 Count Pictweet Corn on the Cob	2.99
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Croissants	4 pt.	2.59
Our Own Raisin Bread	18.25 oz.	2.59
Assorted Bear Claws	4 oz.	2/\$1
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**Health  
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A Special Publication of The Sea Coast Echo • Thursday, April 28, 2005

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## Bay woman turns tragedy, health concerns into business victory

BY BENNIE  
SHALLBETTER  
Staff Writer

The business of health has been Bay St. Louis resident Cindy Lagasse's interest for 20 years, but about ten years ago tragedy in her own family made her stand up and take a closer look at how fragile your health, and your life can be. In one year, a young nephew was killed and Lagasse's own mother experienced life threatening illness. With partner Jerry McClure, Lagasse runs Nutraceutical Solutions, Inc., the manufacturer and distributor of a line of liquid vitamins and nutritional supplements.

For some time Lagasse's life had been running in high



Bay St. Louis native Cindy Lagasse has turned a home-based liquid vitamin creation into a successful conglomerate.

gear and she found herself on the road most of the year. For years she had devoted herself not only to her family's janitorial supply business Lagasse Brothers, Inc., but other business ventures as well.

"It was eat, sleep, and breath the business," said Lagasse. "And I always had some venture going on the side. I felt like I had to make money."

Among other things, she managed a warehouse in Dallas, Texas for the family business and held down a large sales territory for the company. She was into business and not much else.

That's why when she met

her partner Jerry McClure over the phone on a sales call, it was a match made in heaven. Lagasse wanted to distribute health food products and McClure came along to check out the business facilities. The two began to talk and found they each had a keen interest in both business and health products.

Lagasse had been part of her family business since she was a child in New Orleans. The business started in a shotgun house on the river. The work was not glamorous and she and her six other brothers and sisters were paid to sweep and do various chores. By the time they were teens the siblings wanted to

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work anywhere but in the hot, sweaty mop factory, Lagasse said.

But time and training eventually brought them all back together to run the business together as adults. By now it had grown to be one of the largest distributors of janitorial products in the country. The company had many offers to sell out to larger concerns but "we felt it was the goose that laid the golden egg we were doing well," Lagasse said.

McClure had a varied background, playing baseball with the Pittsburgh Pirates, and dabbling in business that ranged from sports products, beauty supplies, health aids and more. Together, they were both fascinated with the art of business.

"We both saw business as a sort of a game," said Lagasse. "And the business of liquid supplements appealed to us because it was pioneer territory."

The two put their heads together and Nutraceutical was formed. She and McClure began assembling chemists at the laboratory facility in Arlington, Texas and later in Corpus Christi. Their first product, B-Total, is still one of the most popular, she said. When the family

had been part of business since she moved to New Orleans. She started in a house on the river. not glamorous her six other sisters were and do various things they were wanted to



Cindy Lagasse, in her Bay St. Louis home.

finally decided to sell out Lagasse Brothers to a large manufacturer, the new business became her priority. She now had the time and the capital to devote to her new pursuit.

With B-Total the manufacture of liquid supplements became more than just another business venture—it became a mission for healthy living.

"Nutritional supplements in liquid form are more easily absorbed by the body," Lagasse said. "We've got to be stewards for our own healthy bodies."

But in 1995, tragedy struck with her nephew's accident and her mother's illness. Lagasse moved back to Bay St. Louis to devote her time to family and McClure gradually took over the running of Nutraceutical, which is still based in Texas. Lagasse maintains her place in the business through advertising and distribution.

Lagasse stands behind her products and uses many of them regularly. One of the

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LAGASSE—PAGE 12

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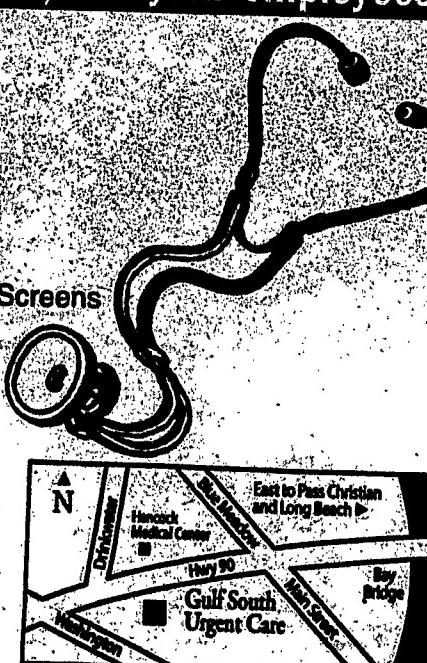
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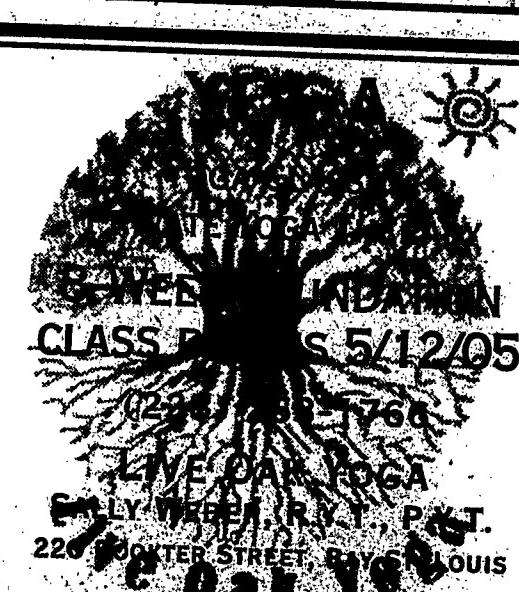
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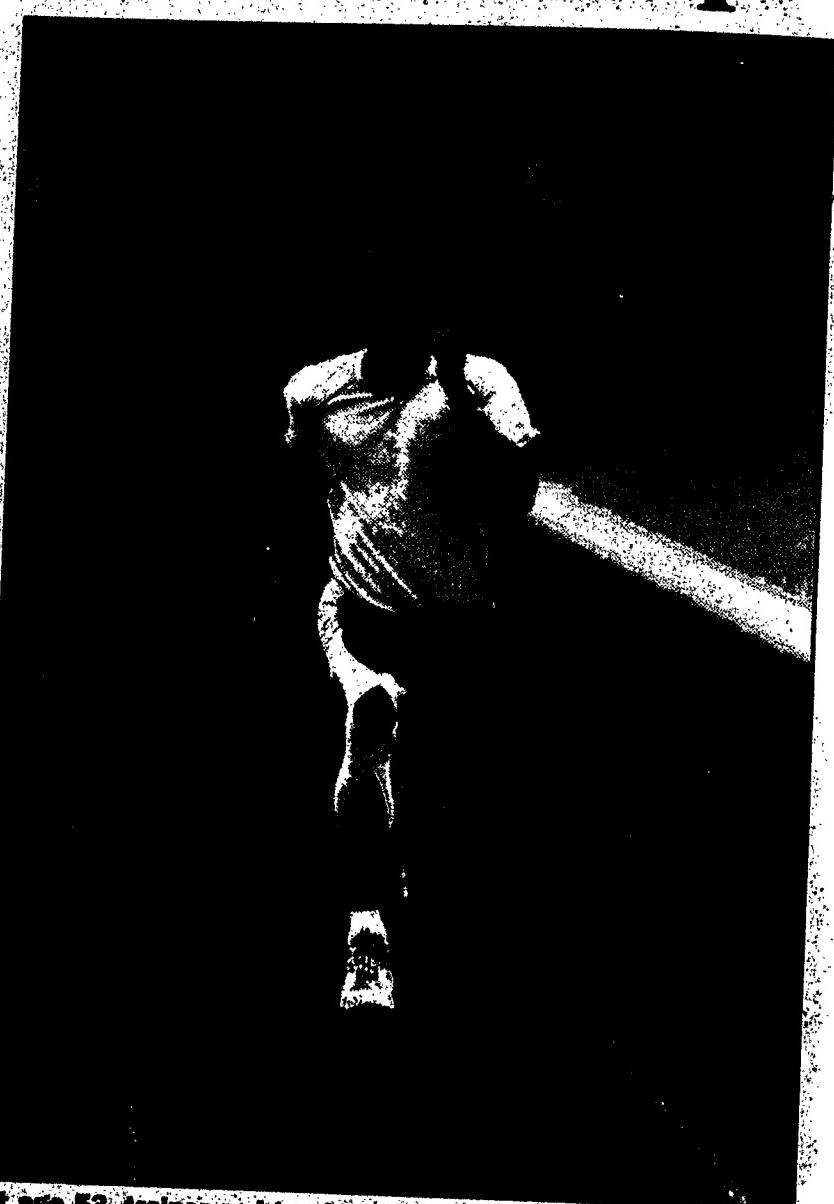
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## Young or Old: It's Never Too Late to Get in Shape

According to The National Institute on Aging, less than one-third of Americans over 55 are physically active. But those who have adopted a regular exercise program are living longer and enjoying their years to the fullest.

In fact, regardless of age or state of health, older adults can significantly slow the deterioration of both body and mind by engaging in regular cardiovascular exercise and strength training. Research shows that older adults who exercise have a lower risk of coronary heart disease; lower risk of hypertension; decreased blood pressure; control of late-onset diabetes; relief for arthritis pain; increased bone density; reduced risk of fractured bones; better balance; ability to avoid accidental injuries; maintenance of personal independence; and can engage in active activities



At age 53, trainer and track competitor Bill Collins proves that staying active is crucial for maintaining proper fitness and good health no matter how old you are.

such as skiing, running and cycling.

Trainer and track competitor Bill Collins is proof that an active lifestyle promotes good health throughout your life. At age 53, Collins holds the world age group record in the USA Masters Outdoor Track and Field Championships as well as the 200-meter record in three different age groups. He's won 10 World Masters titles and more than 70 American Masters crowns, and he hasn't been beaten in years! His world records in the 100, 200, and most recently, 400 meter races, make him the fastest runner alive for his age. No one in his age group anywhere in the world has run as fast.

Collins should inspire any-

one who leads a sedentary lifestyle, especially older adults who, at 50, are slowing down or feel it's too late to start an exercise program. Collins has no intention of slowing down. Presently, he is only a 1/2 second off his best running time achieved at age 18. In fact, he ran faster at age 50 than when he was 40 — thanks in part to a healthy exercise plan.

### EXERCISE PROGRAM TIPS

For those who are older like Collins and want to get in shape, the American Academy of Family Physicians offers these tips for starting an exercise program:

SHAPE--PAGE 11

HEALTH &amp; FITNESS • THE SEA COAST ECHO

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## Get the Skinny on Eating Disorders

The subject of eating disorders has once again become a topic of conversation, due in part to actress Mary-Kate Olsen's admission that she suffers from a disorder and her subsequent entrance into a rehabilitation clinic. Other stars, including Christina Ricci, Jamie-Lynn DiScala, and Tracy Gold of "Growing Pains" fame, have battled eating disorders as well.

"Western society has placed demands on women to stay thin," says Jeanne Rust, executive director of Mirasol, an eating disorder clinic in Tucson, Arizona. The pressure is even more intense in Hollywood.

However, it's not just Hollywood stars who succumb to eating disorders. Many people across the country, typically teenage and college girls, battle with weight issues and fall prey to unhealthy habits.

### ANOREXIA AND BULIMIA.

The two main types of eating disorders are anorexia nervosa and bulimia nervosa. Anorexia is marked by avoiding high-calorie foods, starvation, and extreme exercise regimens. Anorexics see themselves as overweight, even when they are actually

quite thin. Those with bulimia engage in episodes of binge eating followed by unorthodox and unhealthy methods of weight control, including purging, fasting, using enemas, excessively using laxatives and diuretics, or compulsively exercising. Generally anorexics lose more weight than bulimics because they take in fewer calories.

Typically, those suffering from anorexia are overachievers. They are good students, hard workers and view their success as a marker of self-worth. They see weight gain as a sign of failure and something they need to "fix" and control. Bulimics have a warped self-image as well, but put more emphasis on dissatisfaction with their body and body shape. Usually individuals suffering from bulimia have low self-esteem, feelings of helplessness.

### BODY DAMAGE

Starvation and purging can be traumatic to the body. Anorexics have dry skin and thinning hair on their heads. Girls may never experience menstrual periods, but if they do, they tend to be erratic. They may feel cold all the time, and they may get sick often. Ultimately starvation can strain the body and an

**DISORDERS-PAGE 11**

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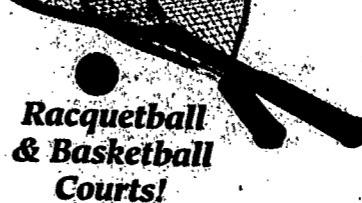
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# 'Lose weight fast & easy'

## *Learn the Differences Between the Latest Fad Diets*

**A** fast-food mentality. A preoccupation with slender figures. A sedentary lifestyle. What do all of these statements have in common? These are leading factors in America's infatuation with weight loss and dieting.

An estimated 50 million people will try a diet this year, according to the National Center for Health Statistics. Most seek advice from books and television diet gurus. Some consult support groups, doctors and clinical programs. In the end, we have turned the weight-loss industry into a billion-dollar business, says the U.S. Food and Drug Administration.

Leading the weight-loss trend are fad diets that promise amazing results in relatively short amounts of time. Millions try these diets

with varying degrees of success. Their effectiveness has been the subject of debate and their safety often questioned. However, they're usually the first type of a diet a person will try in lieu of traditional calorie reduction and exercise.

If you're thinking about going on a diet, there is enough information out there to make your head spin. Here is a breakdown of the top fad diets, listing their pros and cons and a brief description of what they entail.

1. The Atkins Diet — It's perhaps the most well-known

and popular fad diet of our time. This program has spawned a low-carbohydrate wave across the country. Now, most food companies, fast-food restaurants and the like offer lower-carb options to complement the program.

The plan: You eliminate most carbs early in the program and then slowly reintroduce some later on as weight loss milestones are achieved. Emphasis is placed on eating high protein foods and certain foods high in saturated fat.

Bad: Atkins encourages dieters to skip some fruits and vegetables, which many health experts feel can deprive the body of much-needed vitamins, fiber and water. Also, it has not yet been proven if the permissible fatty foods contribute to



Want to lose weight? Determine if one of the popular fad diets might be the right choice for you.

**easy'**

fad diet of our program has low-carbohydrate the country. Now, companies, fast-foods and the like carb options to the program.

You eliminate early in the protein slowly remains later on as milestones' are emphasis is placed on protein foods high in sat-

ins, encourages skip some fruits es, which many experts feel can body of much- mins, fiber and it has not yet if the permissi- contribute to

**HEALTH & FITNESS • THE SEA COAST ECHO**

increased bad cholesterol levels or heart problems down the road.

**Good:** Following the diet will make you lose weight — at least 15 pounds initially.

However, some of this weight loss is due to water loss and reduced caloric intake, which occurs by limiting the foods you eat.

**2. The South Beach Diet —**

Riding the waves of Atkins' success, this diet is the one on the market today. Celebrities and regular folks alike have touted its wonders.

**The plan:** According to the Diet's official Web site, "The South Beach Diet is not low-carb, nor is it low-fat. Rather,

it teaches you to rely on the right carbs and the right fats and enables you to live quite happily without the bad carbs and bad fats." Like Atkins, certain foods are "banned" initially and then reintroduced later on.

**Bad:** Giving up the foods you love cold turkey can discourage many dieters. They may feel like they are being deprived.

**Good:** You do get to indulge in meats, cheeses and bacon. You will lose 8 to 13 pounds in the first two-week phase but, again, this is probably attributed to water loss.

**3. The Zone Diet —** Once a Hollywood staple (Brad and Jen were reported to have favored it), still a favorite among dieters.

**The plan:** You control insulin production by balancing protein and carbohydrate consumption at meals to help you metabolize foods more efficiently and lose weight.

The insulin-control component of the program can be described as a moderate-carbohydrate, moderate-protein and moderate-fat dietary program. It is a lifelong pro-

**Bad:** This diet focuses on a limited caloric intake, which most nutritionists say is too stringent to be healthy over the long haul. Experts agree that the 40 percent carbs, 30 percent protein and the 30 percent fat equation doesn't necessarily help you reach a metabolic state that will keep you thin, but rather eating smaller portions will.

**Good:** It's an easy-to-follow plan that will guide you on correct portion size and help you control food intake.

**4. The Slim-Fast Plan —** It's endured popularity for years and has had notable celebrity endorsements.

**The plan:** Meal and snack replacements — shakes and bars are enjoyed at breakfast and lunch instead of regular foods, and the dieter eats a "sensible" dinner.

**Bad:** Deprivation feelings may be common with this diet. Many people do not feel

full with the diet's shakes and snack bars, which provide a controlled amount of calories. They may then sneak snacks or food in addition to having the meal replacements.

**Good:** Packaged foods are pre-portioned and portable. Plus, the plan is simple to follow. An emphasis is placed on eating a balance of healthy foods, combined with moderate exercise.

Most nutritionists agree that a healthy balance of portion control, reduced caloric intake and exercise are the keys to weight loss. However, some feel that fad diets can be used to jump-start weight loss when necessary. Before embarking on any diet program, consult with your doctor for a health assessment and to determine which plan is right for you.

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## 10 Tips for a Better Night's Sleep

How many times have you woken up after a long night's sleep only to feel like you didn't sleep at all? You just don't feel well rested, so you try to catch up on the weekends.

It's important to get a proper night's sleep because it affects your productivity, memory, reaction time, alertness and patience. But there's no one rule to follow to get the best sleep possible. Since sleep is so personal, what is helpful for one person might not work for another. See what works for you of these tips from sleep experts. You might want to try one, two, or a combination of tips to get a good, quality sleep. If your sleeping problems persist, consult your doctor. You might have a sleep disorder that warrants medical attention.

1. Maintain a regular bedtime and wakeup schedule. Try to stick to that sleep schedule, even on the weekends. Consistency helps alert your body to when it's time to go to sleep and wake up.

2. It's best to sleep only at night. Daytime naps will steal hours from your nighttime slumber.

3. Create an ideal sleep

environment. It should be comfortable and cool. The room should be quiet, without the noise of a radio or TV. Use a fan or earplugs to mask sounds like trains, airplanes, traffic or a snoring partner.

4. Your mattress should not be too small, soft, hard or old. Look for one that offers adequate comfort and support. And if you share your bed, make sure there's enough room for two.

5. Finish all exercise and consumption of food, caffeine, alcohol, chocolate and nicotine a few hours before bedtime. All of these items can interfere with your sleep. If you do need to eat, indulge in foods that trigger serotonin, which makes you tired. Try bread, cereal, milk, tuna or turkey. For a beverage, sip warm milk or herbal tea (such as camomile or ginseng).

6. Physical activity promotes a better sleep. Just be sure to exercise in the afternoon or early evening so you aren't full of energy at bedtime.

7. Don't ponder a list of worries before you go to bed. Do all that before you are

ready for bed so you aren't up half the night thinking about

SLEEP - PAGE 12

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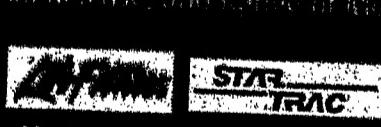
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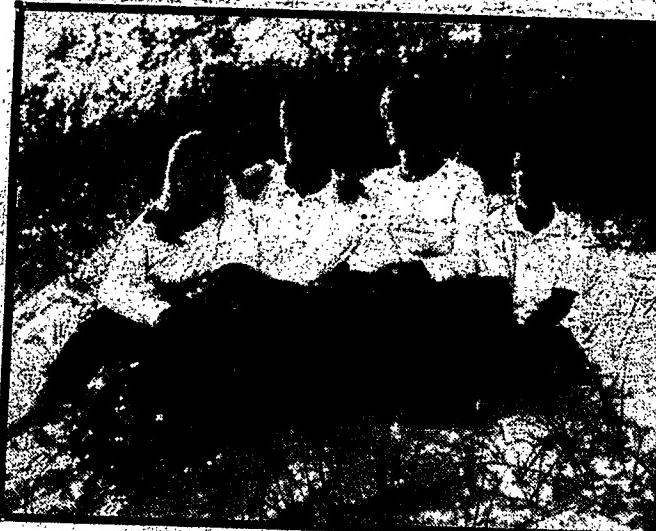
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## Make Healthy Eating a Pregnancy Priority

Once you find out you are pregnant, there are many changes that you must make to your lifestyle. It is important to make the care of your growing baby a priority — this small person is relying on you as his lifeline. This includes stopping the consumption of harmful substances, such as alcohol, cigarettes and drugs (prescription, over-the-counter or illegal) during the duration of your pregnancy term. It also means nourishing your baby with healthy foods, full of the vitamins and nutrients he needs to develop properly.

Healthy eating may seem like a no-brainer to many moms-to-be, but sometimes it isn't as easy as it seems. When contending with raging hormones, a waning appetite or crazy cravings, making sure you are eating enough of the right foods may not be high on your list of priorities. But it should be.

### DIET ROADBLOCKS

Sure, you know you're supposed to eat your vegetables and adhere to a healthy diet,



A proper diet is essential for a healthy baby.

right? Don't worry, even though your baby is growing quickly and requires a variety of nourishment during your pregnancy, sometimes it's impossible to follow a strict pregnancy diet. Many factors affect what and how you eat in the weeks to come. Rest assured that with the help of prenatal vitamins and the fact that often these symptoms come and go quickly, it is possible to take in enough healthy foods to feed your growing wonder.

The following are some healthy diet obstacles you may face and how to overcome them:

Morning sickness: Many women experience morning sickness during their pregnancy. Better termed "all-day sickness," this feeling of queasiness or vomiting can occur any time of the day or night, and usually persists through the first trimester of your pregnancy. Morning

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sickness can definitely put a stop to your best-laid plans of a well-rounded diet. Even if you are able to eat and enjoy foods, they just may not stay down very long!

**Food aversions:** Maybe you loved a meal of chicken parmesan before you were pregnant, but now the thought of the Italian delight has you running for the bathroom. Pregnancy hormones do strange things to a woman, including affecting her appetite and her choices in foods. The foods you once loved may no longer seem appealing and vice versa. If certain healthy foods repulse you, look for other tolerable options.

**Food cravings:** You've heard of women eating pickles and ice cream while pregnant, right? No matter how strange this food combination may seem, cravings are quite common during pregnancy, but may not always be this extreme. You may feel a certain affinity to a food and you need to eat it over and over. Some experts believe a woman craves the foods her body needs most, like citrus fruits, which are good sources of vitamins and antioxidants. Others believe that cravings lack explanation, except to be once again attributed to raging hormones. Many cravings are similar, including dairy products, carbohydrates and fruits. The key to conquering cravings is to try to substitute healthier versions. Indulge in a low-fat frozen yogurt instead of an ultra-premium ice cream. Or just eat the food you crave in moderation.

\* Anything goes attitude: Many moms-to-be adopt a philosophy that they can eat as much of whatever they want when pregnant; hey, they're going to gain weight.

anyway. However, this attitude can be dangerous to you and your fetus. Pregnancy does not give you the "free pass" to overeat. Gaining excessive weight can tax your heart, increase your chances of getting diabetes and put a strain on your fetus as well as make it much more difficult to give birth in a natural and healthy way. Plus, it will be that much more difficult to shed those extra pounds post-delivery.

Although you're "eating for two," that extra person is small and only requires about an additional 300 calories per day. Do the math — that does not equal an entire cheesecake!

## SO WHAT SHOULD I EAT?

Following the normal dietary guidelines you are accustomed to will help you keep on track. Grain products, vegetables, fruits, protein foods, and milk and milk products will give you the nutrients you and your baby need.

\* Grain products provide carbohydrates, your body's main source of energy. Choose 6 to 11 servings of whole-grain or fortified products such as whole-wheat bread, cereals, brown rice or pasta.

\* Fruits and vegetables provide important vitamins and minerals, as well as fiber to aid digestion. Choose at least three vegetables and two fruits every day, including a juice or fruit rich in vitamin C, such as an orange.

\* Protein foods, such as meat, fish and dried beans, are crucial for your baby's growth. Choose 3 to 4 servings per day. One serving equals 2 to 3 ounces of lean meat, poultry or fish, or one egg. If you are a vegetarian and don't eat any animal

products, be sure to eat tofu and other soy products, dried beans and nuts, as well as a variety of grains daily.

\* Milk and milk products help build your baby's bones and teeth. Choose 3 to 4 servings a day of low-fat milk, yogurt or cheese, or calcium-fortified soy milk and other soy-based products if you are a vegetarian or are lactose intolerant.

\* Sparingly eat sweets and fats as they can accentuate your growing waistline even further. Plus, limit your salt intake, which can cause water retention and swelling in the body.

Also, be sure to check with your doctor about the foods that should be avoided at all costs. Many will advise steering clear of processed meats, like cold cuts or hot dogs, which can contain bacteria and preservatives that can make you ill. Many seafood products are off limits because they may contain mercury or bacteria as well. Some natural foods and herbs are also on the no-can-do list. Your health-care provider can tell you more.

With a little knowledge, patience and appetite, you can feel secure that you are adequately feeding the new life growing inside of you.

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Regular exercise is one way to ease the pain and prevent varicose veins.

of the skin, especially around the ankle.

\* Itching around one or more of your veins.

\* Feelings in your legs such as soreness, achiness, tiredness, tingling, burning, heaviness, throbbing, muscle cramping and swelling.

\* Varicose veins occur when your veins malfunction because of factors like:

\* Age: Those who are ages 30 to 70 are most susceptible.

\* Sex: Women are more likely than men to get them because of hormonal changes during puberty, pregnancy and menopause. Pregnant women may develop them because their blood flow is redesigned to support a growing fetus. The side effect is that blood flow from the legs to the pelvis decreased, pro-

ducing enlarged veins in the legs.

\* Genetics: You have a higher chance of getting them if other family members have had the condition as well.

\* Obesity: Excess weight can put more pressure on your veins.

\* Standing for long periods of time: It causes improper blood circulation.

\* Fortunately, there are numerous noninvasive ways to deal with varicose veins.

You can ease pain and prevent varicose veins from worsening by wearing support stockings that provide relief. If you get them during pregnancy, they usually improve without treatment after your baby is born.

VEINS—PAGE 12

## All About Varicose Veins

When you think of varicose veins, perhaps you think of older women wearing support hosiery. While some female seniors do wear support hose because of varicose veins, there's more to the condition than just hosiery.

Varicose veins are enlarged veins close to the skin's surface. They are dark purple or blue in color and may look twisted and bulging like cords. Any vein can become varicose, but it usually happens to veins in the legs and feet. For some, they are merely a cosmetic concern. For others, they cause aches, pains and more serious problems like higher risk of circulatory disorders, according to various medical experts.

### SYMPTOMS AND FACTORS

Some signs and symptoms of varicose veins include:

\* Enlarged veins that you can easily see under your legs

\* Brown-gray discoloration



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## Shape -- never too late

Continued from Page 4

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\* Check with your doctor first, then start slowly with

exercises you are most comfortable with. You'll be less likely to injure yourself and you will prevent soreness. Start with walking. As you become used to it, you can increase the intensity of your workout.

\* Engage in some type of aerobic activity (walking, swimming or bicycling) for at least 30 minutes every day, and resistance or strength training two days per week.

\* Warm up for five minutes before each exercise session by walking slowly or stretching. Cool down with more stretching for five minutes (longer in warm weather).

\* Don't exercise if you feel under the weather, have a cold, the flu, or another illness. Wait until you feel better. If more than two weeks pass, be sure to start slowly again.

\* If your muscles or joints are sore the day after exercising, you may have overexerted yourself. Next time, exercise at a lower intensity.

\* If pain or discomfort persists; if you have chest pain or pressure, have trouble breathing or have excessive shortness of breath; are light-headed or dizzy; have difficulty with balance; or feel nauseous while exercising, talk to your doctor.

## Disorders

Continued from Page 5

anorexic can die from complications of the disorder.

Bulimics suffer a host of medical ailments as well, mainly to their gastrointestinal system. They may experience ruptures of the stomach and esophagus, ulcers and

abnormal fluid buildup in the intestines. In addition, repeated vomiting can lead to tooth decay and loss.

## TREATMENT

The first step in treatment of these disorders is recognizing that there is a problem.

There is no shame in admitting you suffer from an eating disorder and possess the desire to do something about it. Often, when diagnosed early on, an eating disorder can be treated and eliminated successfully.

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**Veins**

Continued from Page 10

Your doctor can suggest more aggressive medical treatments if those mentioned don't work, such as laser therapy. Just be aware that some insurance policies may not cover the cost of elective surgery for varicose veins. Treatment may be covered, however, if the surgery is more health-related.

**PREVENTION**  
Improving circulation and muscle tone can reduce the

risk of developing varicose veins now and in the future. Exercise can help increase your circulation. Watching your figure can prevent your legs from having to support extra weight. Avoid high heels and tight clothes that restrict circulation. Try not to sit, stand or cross your legs for long periods of time, all of which can prevent blood from flowing properly.

**Sleep**

Continued from Page 7

item.  
8. Use the bed just for sleeping. Light from computers or televisions can inhibit sleep. If you do need to read before you go to sleep, use a low-wattage bulb, such as 15.

9. If you wake up in the

middle of the night, don't look at the clock. It will only make you agonize over the fact that you aren't asleep.

10. Can't go to sleep? A hot shower or bath can be conducive to sleep because it relaxes muscles.

**Lagasse**

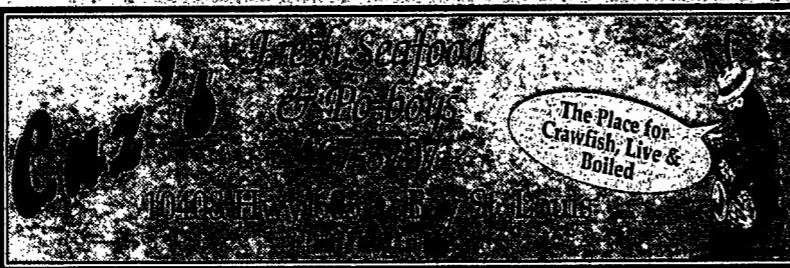
Continued from Page 3

newest products is an energy booster called Sports Shot.

"I have been using B>Total for almost 20 years," said Lagasse. "We put a lot into our product research and into our product and not so much

into advertising, so our distribution has remained small."

Some of the products are available in local pharmacies or health food stores and all are available by mail order. If you would like a catalogue please call 1-800-856-7040.



### Coastal Rehabilitation

- Warm Environment
- Hands on Approach
- Individualized Care
- Results Oriented
- Friendly professional staff.

"Thank you for letting us serve your Physical Therapy needs."

Kathy, Heather, J. Lori, Sonya

547 St. John Street • Bay St. Louis

228-463-9383

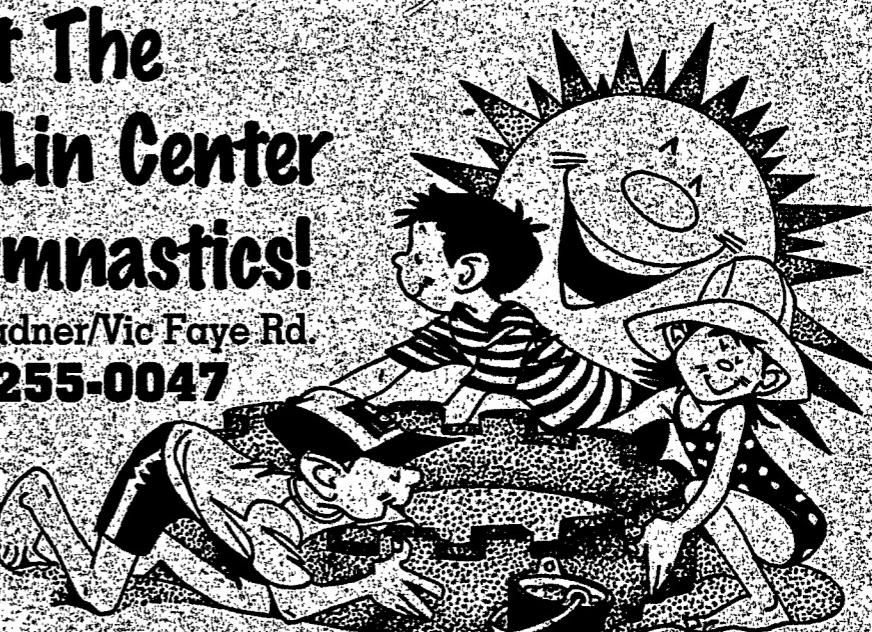
Most Insurances Accepted

# Registration Is Now Open For **SUMMER CAMP!!**

At The  
**Brook-Lin Center  
For Gymnastics!**

1045 Tina Ladner/Vic Faye Rd.

**228-255-0047**



### Camp Weeks:

**June 13-17**

**July 11-15**

**June 20-24**

**July 18-22**

**June 27-July 1**

**July 25-29**

### Camp Hours

**9:00am to 3:00pm**

**4 yrs. old to 11 yrs. old**

Camp includes gymnastics, arts & crafts, movies, games and more! You can bring your sack lunch or buy a hot dog/chips for \$1.50. Snacks will also be for sale.

### Ages

**9:00am to 3:00pm**      **4 yrs. old to 11 yrs. old**

Camp includes gymnastics, arts & crafts, movies, games and more! You can bring your sack lunch or buy a hot dog/chips for \$1.50. Snacks will also be for sale.

### Camp Cost:

**Members: \$70 A Week • Non-Members: \$80 A Week**

Discounts available for 2 or more siblings.

Discounts available for multiple weeks.

**A \$20 non-refundable deposit is required per week upon registration.**

**Camp is limited to 30 children so register early.**